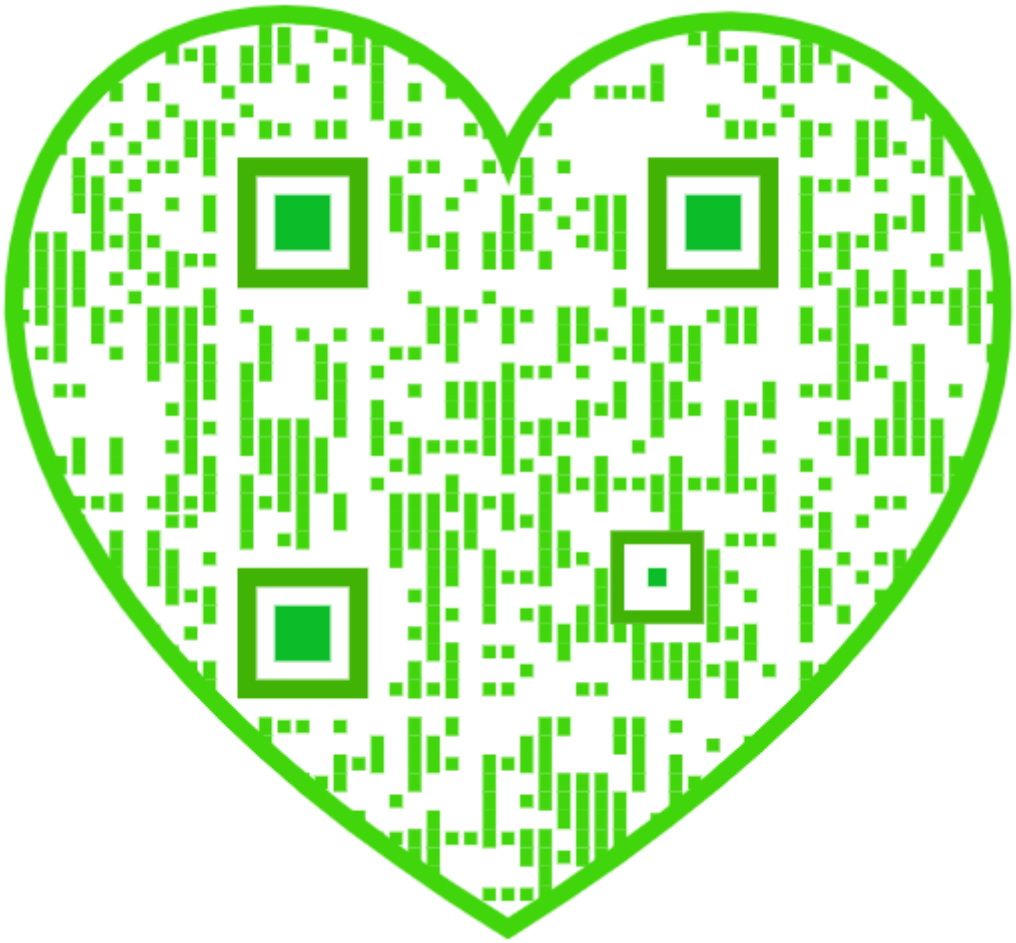
JUST FOR TWO

A COLLECTION OF
RECIPES DESIGNED
FOR TWO PERSONS



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JUST FOR TWO

A COLLECTION OF RECIPES DESIGNED FOR TWO PERSONS

COMPILED BY
AMELIE LANGDON

Fourth Edition, Revised and Enlarged

MINNEAPOLIS
THE H. W. WILSON COMPANY
1909

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By AMELIE LANGDON

PREFACE

Recipes designed for small families are rare, and yet there are thousands of wives in our cities who cook for only two. It follows that they must either cut down large recipes found in the ordinary cook book, which can rarely be done successfully, or they must cook the full amount with resulting waste. During my experience of keeping house in a flat for my husband and myself, I have tried to cook with economy with the help of my large cook book, and I have both wasted and experimented much and have gradually compiled for my own use a book of proved recipes, many of which have been given me by friends who have compounded and proved them. I shall make no effort whatever to frame a scale of prices, because the cost of provisions varies so widely with cities and seasons that it would be impossible to attempt such a task with any certainty of giving real aid. I now publish the book believing that it will fill a long felt need. It has been my aim in preparing the book to have it contain rules for making many dainty and delicious dishes not often found in cook books. I have also left out many things that other cook books contain, in order to keep "Just For Two" from being the big clumsy cook book that confuses the young housekeeper.

Amelie Langdon.

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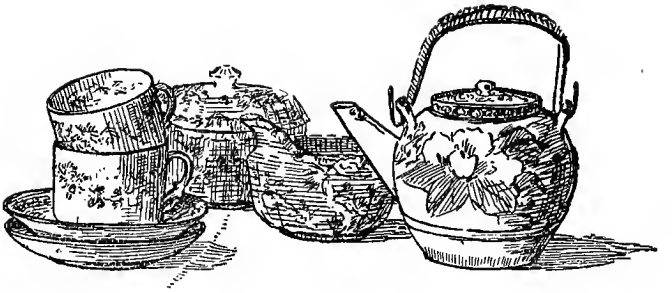
Where is the man that can live without Dining?

We may live without conscience, and live without heart;
We may live without poetry, music, and art;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.
He may live without books,—what is knowledge but grieving?
He may live without hope,—what is hope but deceiving?
He may live without love,—what is passion but pining?
But where is the man that can live without dining?

Owen Meredith.



What shall I have for dinner?
  What shall I have for tea?
An omelet, a chop or two,
  Or a savory fricassee?
Dear! how I wish that Nature
  When she made her mighty plan
Hadn't given the task to woman
  To care for hungry man.

—Anon.

SOUPS

Soup will be as good the second day as the first if heated to the boiling point. It should never be left in the pot, but should be turned into a dish or shallow pan, and set aside to get cold. Never cover it up, as that will cause it to turn sour very quickly.

Before heating a second time, remove all the fat from the top. If this be melted in, the flavor of the soup will certainly be spoiled.

Thickened soups require nearly double the seasoning used for thin soups or broth.

The meat from which soup has been made is good to serve cold thus: Take out all the bones, season with pepper and salt, and catsup, if liked, then chop it small, tie it in a cloth, and lay it between two plates, with a weight on the upper one; slice it thin for luncheon or supper; or make sandwiches of it; or make a hash for breakfast; or make it into balls, with the addition of a little wheat flour and an egg, and serve them fried in fat, or boil in the soup.

An agreeable flavor is sometimes imparted to soup by sticking some cloves into the meat used for making stock; a few slices of onions fried very brown in butter are nice; also flour browned by simply putting it into a saucepan over the fire and stirring it constantly until it is a dark brown.

Clear soups must be perfectly transparent, and thickened soups about the consistency of cream. When soups and gravies are kept from day to day in hot weather, they should be warmed up every day, and put into fresh-scalded pans or tureens, and placed

in a cool cellar. In temperate weather, every other day may be sufficient.

STOCK

Get a five cent beef bone, and boil two hours with plenty of water. This will make a pint of soup stock. Boil this stock with chopped carrots, parsnips, potatoes and onions, if vegetable soup is wanted, or flavor with strained, canned tomatoes if tomato soup is wanted, or use clear as bouillon. A half teaspoonful of extract of beef improves the color and adds richness to the flavor of the bouillon.

CHICKEN BROTH

Put into a kettle the neck, lower parts of the legs, and the wing tips of a large fat fowl. Dredge with flour, and add a pint of cold water. After letting it soak three-quarters of an hour, simmer slowly, keeping the kettle closely covered and let the meat drop from the bones. Strain and put the broth back on the stove, adding a cupful more of water to the bones and cook a good half hour longer. Add this liquor to the broth. (There should be a pint of the broth.) Season with salt and pepper, and a little minced parsley, according to taste. Serve with tiny squares of toasted bread browned in the oven. The remainder of the chicken can be used for fricassee.

SHRIMP BISQUE

Stir one heaping tablespoonful of flour with enough milk or cream to make a paste; put into the sauce pan one-half pint of milk—good measure; the yolk of one egg well beaten; tablespoonful of butter, salt and pepper to taste; add one-half cup chopped shrimps the last thing. Serve hot.

OYSTER SOUP

One pint of oysters, one-half pint of milk, one heaping teaspoonful of butter, one-half teacupful of boiling water; salt and pepper. Strain all the liquor from the oysters; add the water and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they ruffle. Stir in the butter, cook one minute, and pour into the tureen. Stir in boiling milk and send to table hot.

CLAM SOUP

One dozen clams chopped fine. Put over the fire the liquor that was drained from them, one cupful of water, add the clams and boil twenty-five minutes. Then season to taste with salt and pepper and a teaspoonful of butter; boil up again and pour in one pint of boiling milk. Stir in a teaspoonful of flour made to a cream with a little cold milk, or one cracker rolled fine. Serve hot in a heated tureen.

CLAM-CELERY SOUP

Ten clams chopped, one pint water, one pint milk, one tablespoonful butter, yolks of two eggs beaten, one-half single head of celery, chopped fine, and one very small onion, chopped fine, salt and pepper to taste. Rub butter and flour together, thickening the hot water with it. When cooked smooth, add celery and onion, cooking twenty minutes. If clams are fresh, add them, too, but if canned, only heat through. Just before serving, add milk, which has been heating in another dish, the yolks of eggs and seasoning, not allowing to cook.

CREAM OF CELERY

Cut the outside stalks of a bunch of celery in small pieces; boil until tender, keeping covered with water;

when boiled tender rub through a gravy strainer; add one pint and one-quarter of milk, teaspoonful of butter, salt, and stir in slowly a little flour paste; let boil a little and serve hot.

CREAM OF FISH SOUP

Rid cold cooked fish (fresh), of any kind of bones, fat and skin, and mince fine; season to taste. For each cupful of this allow two cupfuls of boiling water, in which a sliced onion has been boiled, and set over the fire to cook. Heat in another saucepan a cup of milk (not forgetting the pinch of soda). When boiling stir into it a tablespoonful of butter, rubbed smooth with a teaspoonful of flour. Add half a cupful of bread dust, already soaked soft in the same quantity of cold milk. Beat well together over the fire with a raw egg whipped light, pour into a tureen, turn in upon it, stirring all the while, the boiling fish and water. As soon as it is thoroughly mixed send to the table.

CREAM OF TOMATO SOUP

One-half pint of canned tomatoes, one-half pint of milk, one heaping teaspoonful of butter, quarter teaspoonful of soda. Cook tomatoes a few minutes and then strain them, put on the stove again, adding the butter, salt and pepper, and a little of the soda, and thicken with flour until quite thick; heat the milk separately in a double boiler until boiling hot; when time to serve, add the remainder of the soda to the tomatoes and a little minced parsley. Lastly add the boiling milk. Serve in heated soup bowls.

TOMATO PUREE

Get a bone cut from a mutton shank weighing one pound and a half, cover with one quart of cold water and leave soaking one hour, then heat gradually, boil

slowly two hours until meat and bone separate. Then add three tablespoonfuls of tomatoes, one teaspoonful of washed rice, half an onion grated, and boil until there is one pint of broth. Strain, skim off fat, add salt to taste, a tiny pinch of red pepper. Serve hot with toasted bread browned in the oven.

RICE CONSOMME

Get a shank of mutton weighing one pound and a half. Wipe clean with a damp cloth, cut off any dried outer skin, dredge with flour, pour on one quart of cold water, soak one or two hours, let come to a boil slowly and simmer for two hours, cover kettle closely. Strain off the liquor, pour over the bones and meat enough cold water to cover, cook again for an hour. Strain, and add to the first quantity of liquor and throw away the bones and meat. Salt to taste, add one small onion, one carrot and one small turnip chopped fine, cook until the vegetables are tender; then strain. When the broth is cold take off the fat cakes; there should be one quart of solid jelly. From this take one pint, and add one tablespoonful of washed rice, cook gently until the rice is tender, then add one teaspoonful of minced parsley at the last moment.

BEAN SOUP

One cupful of beans, one quart of water, ham bone, one pint of milk, one-half teaspoonful of butter. Boil the beans fifteen minutes. Boil with the ham bone three hours. Rub through a gravy strainer, add hot milk until it is of the proper consistency, and add the butter. Serve at once.

CORN SOUP

Half a can of cornlet, one teaspoonful of chopped onion, half a pint of water, one heaping tablespoonful

of flour, one pint of milk, one teaspoonful of salt, one tablespoonful of butter, one pinch of white pepper, yolk of one egg. Cook the cornlet with cold water fifteen minutes; cook the onion in the melted butter until a light brown, add flour, seasoning, and the milk gradually, then add the cornlet. Strain and repeat. Beat the yolk of one egg, and put it in the soup tureen, pour the soup slowly over the egg, mix well, and serve immediately. The egg may be omitted. Corn may be chopped fine and used instead of cornlet.

GREEN PEA SOUP

Half a pint or half a can of peas, one pint of water, one tablespoonful of butter, one tablespoonful of flour, a pinch of salt, a pinch of white pepper, half a teaspoonful of sugar, half a pint of milk or cream. Wash the peas and cook them in one pint of boiling water until soft, mash them with the water in which they were cooked, strain, and add the remainder of the liquid. Make a white sauce and cook until it is like thick cream. If the peas are fresh some of the pods may be cooked with them.

SPLIT PEA SOUP

Half a cupful of split peas, one and one-half quarts of water, one tablespoonful of chopped onion, one heaping tablespoonful of butter, one tablespoonful of flour, half a teaspoonful of salt, a pinch of pepper, one and one-half cupfuls of milk. Wash the peas and soak them over night in one pint of cold water. In the morning drain and rinse thoroughly, add quart and a half of cold water and the chopped onion. Cook slowly until soft, rub through a strainer. Make a white sauce, add this liquid to it and cook until it is of the proper consistency. Cooking a small ham bone with the peas improves the flavor.

WINTER VEGETABLE SOUP

Scrape and slice one small turnip, and one carrot, and peel one small onion and fry all with a little butter until a light yellow; add three stalks of celery, two of leeks, cut into small pieces; stir and fry all for five minutes; when fried, add two stalks of parsley minced, one clove, salt and pepper and a little grated nutmeg; cover with three pints of boiling water, and simmer for one hour. Take off the scum, strain and serve.

EGG DUMPLINGS FOR SOUP

To half a pint of milk add two well-beaten eggs; and as much wheat flour as will make a smooth, rather thick batter free from lumps; drop this batter, a tablespoonful at a time, into boiling soup.

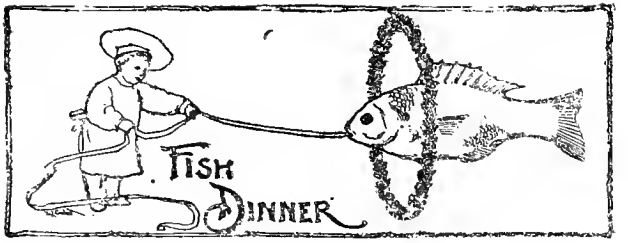
NOODLES

To make fresh noodles, put a cupful of flour on a platter. Make a hollow in the center, drop in two well beaten eggs, two tablespoonfuls of cold water, a pinch of salt and a half teaspoonful of soft butter. With the fingers gradually work the ingredients into a rather stiff paste, adding more flour if necessary. When done, it should not adhere to the hands. Divide into quarters and roll each lump out into a large sheet; let it stand for a moment or two, then roll thinner until the sheet shows signs of breaking. Spread cloths on the bars of the clothes horse and on these hang sheet of dough, leaving them for half an hour or more until the surface is somewhat dried. Now cut the sheet into long strips two inches wide, lay several strips on top of one another, and with a sharp knife cut as fine as possible. Shake the pieces apart and spread out on a board to dry. As the quantity given is sufficient for several meals put aside enough for the day and let the remainder dry on the warming shelf,

then put away for future use. Sprinkle the quantity required in a kettle of rapidly boiling salted water and boil for fifteen minutes. Drain, return to the fire and stir through them two tablespoonfuls of butter, pinch of salt and pepper, three tablespoonfuls of grated cheese, serve as soon as cheese is melted.

RICE BALLS.

Rice balls make a pretty company garnish for soup to be used instead of plain rice. Mash or stir down with a fork a cupful of cold boiled rice, and mix with a batter made of one whole egg beaten, a tablespoonful of flour, with a seasoning of salt and a pinch of cayenne pepper. Stir smooth and make into balls not larger than a small marble. These are dropped into the soup just before it is sent to the table.



Compliments of Donaldson's Tea Room, Minneapolis, Minn.

Oyster Cocktail.

Olives. Wafers. Celery.

Planked White Fish.

Mashed Potatoes. French Peas.

Mint Sherbet.

Coffee.

FISH

In selecting fish, choose those only in which the eye is full and prominent, the flesh firm and thick, the scales bright and stiff. Fish should be cleaned thoroughly before cooking.

COOKING IN DEEP FAT

GENERAL RULES

The fat used for cooking may be olive oil, cottonseed oil, cottolene, beef drippings, lard, or a mixture of several fats.

The food must be covered with crumbs and egg, or a batter, to keep it from absorbing fat.

Place the articles to be cooked in a bath of fat, deep enough to float them. The kettle should be of iron; a frying basket may be used.

Foods already cooked or needing little cooking, require a higher temperature than batters. The temperature of the fat for oysters, croquettes, fish-balls, etc., may be tested by browning a cube of bread while counting forty. Counting sixty while the bread browns gives the right temperature for all batters.

All the articles cooked must be drained on unglazed brown paper.

When one quantity of food has been taken from the fat, it must be reheated and tested before adding a second set.

In the absence of a frying basket, a wire spoon may be used to remove the food from the fat.

Fat which has been used for frying, should be cooled

and clarified by cooking a few slices of raw potato in it for ten minutes; strain through muslin, and when cold cover. Fat may be used several times for frying and then may be made into soap.

CLARIFIED FAT

Remove the tough outside skin and lean parts from beef fat (cod fat or suet), or pork fat, and cut the fat into small pieces. Put it into a saucepan and cover it with cold water. Place it on the stove uncovered, so that the steam may carry off the impurities. When the water has nearly all evaporated set the kettle back and let the fat slowly try out. When the fat is still and the scraps of skin are shriveled at the bottom of the kettle, strain the fat through a cloth and set it away to cool.

FISH COOKED IN FAT

Season with salt and pepper and cover with equal amounts of corn meal and flour, or crumbs and egg. Cook in deep fat or saute. Drain on paper.

FISH COOKED IN WATER

Steam fish over gently boiling water, or place it in a piece of muslin, sew or tie the edges together and put the fish into boiling water, boil five minutes, then add one tablespoonful of salt and cook at a lower temperature until done. Serve with a sauce.

TO FRY FISH

Clean the fish, wipe dry, rub a little salt inside and sprinkle with a little pepper after putting them in the pan, but never roll them in flour; it is not necessary and does not improve them. Never allow fish to soak in the fat. The fat should be perfectly hot when the fish is put in and kept at the same temperature

throughout the cooking. Fish may be fried in lard, butter or clarified dripping, but I prefer the latter, or, what is better, the fat obtained by frying thin slices of salt pork, the quantity required depending upon the size and number of the fish, but a generous quantity is desirable. If a piece of bread dropped into the fat will instantly brown, it will be hot enough to put the fish in. All small fish are better fried.

TO BROIL MACKEREL

Grease a broiler well; place the fish over a good fire; brown on both sides; place on platter and season with a little butter and pepper; or place the fish in a buttered dripping pan, skin side down, baking a nice brown; this may be best in the above manner and add a few spoonfuls of rich cream.

BROILED FRESH MACKEREL

Remove head and the dark skin from inside the fish, wash thoroughly and wipe dry. Butter the bars of the gridiron and broil the fish over a clear fire. When done, dip quickly into hot water, and serve with a dressing made as for broiled salt mackerel. Slit the fish before broiling, so that when laid flat the backbone will be in the middle.

BROILED SPANISH MACKEREL

Open the fish down the back and remove back bone; dry the fish well with a towel after washing it; salt it, and put on a gridiron over a clear fire, turning the flesh side down until it is brown, then turn it over; serve with melted butter and sliced lemon.

FINNAN HADDIE BROILED

Wash well, soak half an hour in cold water; then for five minutes in very hot water. Wipe, rub with butter, and broil for fifteen minutes on brisk coals.

SALMON IN A MOULD

One small can of salmon, two eggs, two tablespoonfuls of melted butter, one-quarter cupful of bread crumbs, salt and pepper, and one sprig of minced parsley. Rub the butter in the salmon, put the crumbs in the beaten eggs. Mix all thoroughly and add seasoning. Put into a buttered mould and steam one hour.

Sauce.—One-half cupful of hot milk thickened with one teaspoonful of corn starch; add one heaping teaspoonful of butter, liquor from the salmon, one egg, one tablespoonful of tomato catsup. Put the egg in last and very carefully.

BAKED SALMON

Open a can of salmon, add two well beaten eggs, one-half cup milk, four soda crackers broken in small pieces, pepper and salt. Pour into buttered granite pan and bake a light brown.

TURBOT

One pint of milk, three tablespoonfuls of butter, two tablespoonfuls of flour, cooked together; season with salt and pepper, one teaspoonful of onion juice, and one sprig of minced parsley. Place in a baking dish a layer of shredded fish and the sauce alternately; sprinkle with bread crumbs and brown in a moderate oven.

SHRED CODFISH

Flake very fine a half pound of very white, sweet codfish. Wash in two waters and squeeze as tight as possible. Put into a saucepan with a piece of butter as large as an egg, and two heaping spoonfuls sifted flour. Mix the butter, flour and fish thoroughly together, add very slowly two or three cupfuls boiling water, let come to a boil and serve. Add, if you choose, just before removing from the stove, an egg well beaten. A garnish of hard-boiled eggs is considered an improvement by some.

GRANDMOTHER'S CODFISH BALLS

Place a half cupful of the fish in cold water on the back of the stove; when the water is hot pour off, and add more cold water until fish is fresh enough. Then pick it up. Boil and mash a few potatoes, mix fish and potatoes together while potatoes are hot, taking two-thirds potatoes and one-third fish. Use plenty of butter. Make into balls and fry in plenty of hot lard. Be sure to have the lard hot before putting in the balls.

FISH BALLS

One-half cupful salt codfish, one and one-quarter cups of potatoes, one egg, one-half tablespoonful butter, one-eighth teaspoonful pepper. Wash the fish in cold water and break into small pieces; wash and pare the potatoes and cut in pieces. Cook the fish and potatoes together in boiling water until the potatoes are soft, drain and shake over the fire until dry; mash with a wire potato masher, add the beaten egg, butter and pepper, add more salt if needed and beat until light. Take up the mixture by spoonfuls, mould slightly, and slip them into the fat. Fry one minute, or until brown.

FRIED FISH CHOPS

Select chops of any good fish, such as Lake Superior trout, halibut, and salmon; salt and pepper; dredge with flour and fry in one heaping tablespoonful of the very best butter. Serve with chops over-lapping each other on one side of a chop dish, on the other side of the dish putting a little heap of Swiss fried potatoes, or potato balls. Garnish with parsley or water cress and slices of lemon.

BAKED SHAD

Get a small shad, stuff it with bread crumbs, salt, pepper, butter and parsley minced, and mix well with

yolk of one small egg, beaten. Fill the fish with this dressing and sew it up or fasten a string around. Pour over it a little boiling water and some butter, or lay strips of bacon on the fish, and bake as you would a fowl. Garnish with parsley and lemon.

Boil up some of the gravy in which the shad was baked; put in a teaspoonful of catsup, a teaspoonful of browned flour which has been wet with cold water, juice of half a lemon, and half a wineglassful of sherry wine. Serve in a gravy boat.

SHAD ROE

Place roe in salt water for a day; wipe it with a cloth until dry; rub over it olive oil or melted butter. Boil five minutes until well cooked. Cut it open; dip in flour and fry in hot pork fat.

BAKED WHITE FISH

Thoroughly clean the fish; cut off the head or not, as preferred. Cut out the backbone from the head to within two inches of the tail, and stuff with the following: Soak stale bread in water, squeeze dry; cut in pieces a large onion, fry in butter, chop fine. Add the bread, two ounces of butter, salt, pepper and a little parsley or sage. Heat through, and when taken off the fire, add the yolks of two well-beaten eggs; stuff the fish rather full, sew up with fine twine, and wrap with several coils of white tape. Rub the fish over slightly with butter, just cover the bottom of a baking pan with hot water, and place the fish in it, standing back upward, and bent in the form of an S. Serve with the following dressing: Reduce the yolks of two hard-boiled eggs to a smooth paste with two tablespoonfuls of good salad oil; stir in half a teaspoonful of English mustard, and add pepper and vinegar to taste.

FRESH STURGEON STEAK

Take one slice of sturgeon two inches thick, let it stand in hot water five minutes. Drain, put in a bowl and add a gill of vinegar, two tablespoonfuls of melted butter, half a teaspoonful of salt, a saltspoonful of black pepper and the juice of half a lemon. Let it stand six hours, turning it occasionally. Drain and dry on a napkin, dip in egg, roll in bread crumbs and fry, or rather boil, in very hot fat. Beat up the yolks of two raw eggs, add a teaspoonful of French mustard, and, by degrees, half of the marinade, to make a smooth sauce, which serve with the fish.

OYSTER COCKTAILS

To a glass, six small blue points, two teaspoonfuls of lemon juice, one teaspoonful of Worcestershire sauce, two tablespoonfuls of catsup, a tiny pinch of salt, and a pinch of sugar. Serve cold in a sherbet cup or cocktail glass.

OYSTERS AND MUSHROOMS

Parboil one-half pint of oysters, strain and save the liquor. Cut the oysters fine and mix with half a can of chopped mushrooms. Mix the oyster liquor with mushroom juice with cream enough to make one pint; thicken with one tablespoonful of butter and three tablespoonfuls of flour. Season with salt, cayenne, and lemon juice. Add the oysters and the mushrooms and serve on toast.

To make icecups for oysters, fill baking powder cans half full of water and let them freeze. When you wish to use them, turn the frozen mould out on a plate, make a depression with a warm poker large enough to hold four or five oysters.

OYSTER PIES

For each pie an individual tin pie-plate; butter and cover the bottom with a puff paste, as for pies. Lay on it six select oysters, or enough to cover the bottom; drop in bits of butter and season with a pinch of salt and plenty of pepper; spread over this an egg batter and cover with a crust of the paste, making small openings in it with a fork. Bake in a hot oven until the top is nicely browned.

OYSTERS STEAMED

Wash and drain half a pint of counts; put them in a shallow pan and place in a steamer over boiling water. Steam until they are plump with the edges ruffled. Place in a heated dish, season with butter, salt and pepper and serve.

CREAMED OYSTERS

From one pint of oysters drain the liquor; boil and skim, and thicken with one heaping tablespoonful of flour, and half a tablespoonful of butter, rubbed smooth; put one-half pint of cream in a double boiler, and when hot, add the thickened liquor, season with salt, pepper, and a dash of nutmeg. Have ready the yolks of two eggs well beaten; add half a cupful of cream; now add the oysters to the cooking mixture, and lastly the eggs and cream; stirring constantly, cook three minutes. Serve in pastry shells. Use the whites of the two eggs for frosting on a dessert, or coffee.

GRANDMOTHER'S SCALLOPED OYSTERS

A layer of rolled crackers in the bottom of a well-buttered pudding dish, and a layer of oysters drained; season with salt, and pepper and bits of butter. Continue this way until the dish is full. Then pour over one large cupful of milk. Bake three-quarters of an hour.

LITTLE PIGS IN BLANKETS

Roll each nice plump oyster in a very thin slice of bacon; pin with a toothpick; fry until bacon is brown; serve on very hot dish.

FRIED OYSTERS

Select large oysters, wash and wipe them, remove pieces of shell, season with salt and pepper, roll in fine bread crumbs which have been dried, sifted, and seasoned, dip in beaten egg and again in crumbs. The egg should have one tablespoonful of water or oyster juice added to it. Fry one minute, drain, garnish and serve.

ROAST OYSTERS ON TOAST

Cut slices of bread round with sharp cookie cutter, toast lightly and butter. Wash and wipe some fine large oysters, spread as many as possible on each slice of toast, season with salt, pepper and plenty of bits of butter; put in hot oven till edges of the oysters curl; serve at once.

SAUCE FOR BROILED FISH

Put a heaping tablespoonful of butter into a half cupful of cream, keep it hot, stir often, and when the fish is dished, turn the sauce over the fish and serve.

SAUCE TO SERVE WITH BAKED FISH

Put into a double boiler one teaspoonful of butter. Beat into it the yolk of one egg, a pinch of salt and cayenne pepper, two tablespoonfuls of boiling water, and one teaspoonful of cider vinegar. Cook and stir until it is a little thick and add three drops of lemon juice. Keep very hot and closely covered. Serve a small portion with each plate of fish.

HOLLANDAISE SAUCE

(Good with Boiled Fish.)

Beat one-half teacupful of butter to a cream; add the yolks of two eggs, juice of half a lemon, salt and a very little cayenne pepper. Put into vessel or a saucepan boiling water. Beat with an egg beater until it begins to thicken, then add a half cup of boiling water, heating continually. When of consistency of thick custard it is done. It will require five or seven minutes to cook, if water boils hard.

SAUCE TO SERVE WITH RAW OYSTERS

One-half teaspoonful of pepper and one-half teaspoonful of salt, half of one onion grated, one dessertspoonful of Farragon vinegar, one tablespoonful of olive oil, one-half teaspoonful of Worcestershire sauce, juice of half a lemon.

EGG SAUCE

One cup cream sauce or drawn butter, three hard boiled eggs; chop whites fine and add to sauce; grate yolks over sauce, or the yolks may be chopped by themselves, or rubbed through a sieve.

STUFFING FOR FISH

Two cupfuls of bread crumbs, one-half teaspoonful of salt, one-eighth teaspoonful of white pepper, cayenne, one teaspoonful onion juice, one teaspoonful chopped parsley, one teaspoonful capers or chopped pickle, one-fourth cupful melted butter. Mix in the order given.

Steak Dinner

Broiled Porterhouse Steak.

Mashed Potatoes. Mushrooms.

Gravy. Bread and Butter.

Coffee.

Tomato Salad.

Wafers.

Banana Ice Cream.

Cake.

MEATS AND SAUCES

In the selection of meat one should make it a point to understand how to buy meat. Beef should be smooth, fine grained, and a clear bright red, and should feel tender when pinched. The best pieces for roasting are the middle ribs and sirloin.

Veal should be firm and dry, fine grained and a pale pink color.

Pork should be young and break on being pinched. If the rind is tough and hard it is old.

In roasting meat allow fifteen minutes to the pound, and above all things have the oven hot before putting roast in.

It is a difficult matter to get roasts small enough for two people. An ordinary roast lasts quite too long to be enjoyable even though it can be used in various ways; as sliced cold meat; cut up in squares and warmed in the gravy and called "fricassee"; meat pie, croquettes, hash or hash on toast.

ROAST BEEF

Get a rib piece or loin roast of four or five pounds, wipe it clean with a clean wet towel, baste it well with suet fat and sprinkle with flour; lay it in pan, set in oven, baste often with its own drippings; when partly done sprinkle with salt and pepper; let it roast an hour and a quarter in a hot oven. Be sure that your oven is good and hot when you set the roast in. When done remove the roast to a heated dish, set in warm place; skim all fat from the drippings with a spoon or brown paper; add two teaspoonfuls of sifted flour,

pepper and salt, and a half teacup of boiling water; boil up once and serve in gravy boat.

POT ROAST OF BEEF

Get a small pot roast from the rump and brown in an iron kettle before pouring water in and cooking. Boil very slowly till quite tender. Do not salt it till it is nearly done.

ROUND STEAK FRENCH ROASTED

Get two pounds of choice round steak cut thick. Cut it into pieces about five inches square, put into an iron kettle and brown, being careful not to scorch it. Then pour in a little water and an onion cut in small pieces and let all stew slowly, renewing water when it boils away, until it is tender enough to cut with a fork. Brown flour by scorching it in a tin plate on top of the stove and mix with a little cold water till free from lumps and use to thicken the gravy.

MOCK DUCK

Cut a thick slice of round steak, remove fatty rim and bone, rub the steak well on both sides with flour mixed with salt and pepper, prepare a bread dressing as for turkey stuffing, cover the steak with a thick layer of dressing; roll up, tie with string; boil slowly an hour and a half in a tightly covered kettle, with just enough water so the meat will roast down, the last twenty minutes; remove the meat and take off string carefully; add butter size of small egg to gravy; thicken and pour over meat; this can be baked, but is dryer if so cooked.

BEEF TENDERLOIN BROILED

Get one beef tenderloin. Wash and dry with a clean towel. Rub lightly with salt and pepper and broil very

tender. A little before the meat is done, lay on each tenderloin two thin slices of bacon; broil to a nice brown. Serve on a heated platter garnished with lettuce or parsley.

BEEF TENDERLOIN BAKED

Wash well one tenderloin, lay in a dripping pan; add one pint of water. Chop up one-half cupful of each of the following vegetables into small dice squares: potatoes, turnips, carrots, and half a bunch of celery. Wash and add to the meat and let the whole simmer half an hour. When nearly done, add one-half teaspoonful of pounded allspice and one tablespoonful of butter. When done, lay the meat on a heated platter, pour over the sauce and serve.

PORTERHOUSE STEAK

Get a pound and a half of porterhouse three-quarters of an inch in thickness, lay on four thin slices of bacon. Put into the broiler to broil. When done season with salt and pepper, if served without the mushroom sauce. Remove steak to a heated platter, salt and pepper on both sides and spread a liberal lump of butter over it. Serve at once.

BROILED PORTERHOUSE STEAK WITH MUSHROOM SAUCE

Take one-half can of mushrooms, drain off every drop of liquor; then put them in a sauce pan with one cup of sweet cream and one tablespoonful of butter, salt and pepper to taste. Let them simmer gently for ten minutes, and when the steak is ready to be served pour the mushrooms over it.

HOT TONGUE WITH TARTARE SAUCE

Note—This meat is nice for company dinner, as it requires no special attention at the last moment.

Simmer a pickled beef's tongue five and one-half hours, changing the water once. One-half hour before serving, take the tongue out and peel it Return to the hot liquid until ready to serve.

Sauce Tartare.—Add capers or cucumber pickles and olives, chopped, to salad dressing No. 1. Add no cream.

BREADED TONGUE

Slice the cold cooked tongue thin, dip in beaten egg, then in bread crumbs and fry brown. Make a tomato sauce according to directions given elsewnere. Pour the sauce into a deep platter, lay the slices of fried tongue upon it, garnish with parsley and serve at once.

BEEF STEW

Half a pound of beef from leg, half an onion cut in slices, six tablespoonfuls of carrots cut in dice, a quarter of a cup of turnips cut in dice, two potatoes cut in one-half inch slices, half a teaspoonful of salt, a pinch of pepper, a quarter of a cup of flour, and one quart of water. Remove fat and cut the meat into one-inch pieces; put aside one-half cupful of the best pieces of meat. Put the rest of the meat and the bone into cold water and soak for one hour, then heat until it bubbles. Season the one-half cup of meat and roll it in flour. Melt the fat in a frying-pan, remove the scraps. Brown the sliced onion and then the floured meat in the hot fat, add both to the stew and cook for one hour and a half at a low temperature. Add the vegetables and the flour, which has been mixed with half a cupful of cold water, and cook for one hour, or until the meat and vegetables are tender. Remove the bone, season and serve.

POT ROAST

Get a three pound pot roast. Trim the meat carefully. Put one tablespoonful of lard into the kettle

and when boiling hot, put in the meat. Brown on all sides, then cover the meat with boiling water. Boil rapidly, skimming when necessary. Half an hour before the meat is done, cut a medium sized onion into slices and add it to the water in which the meat is boiling, together with a bay leaf, four cloves, six pepper corns, a half stick of celery, and a half inch of stick cinnamon. Place the meat in a deep platter when it is done, and spread it thinly with grated horseradish. Strain the liquor remaining in the kettle and make a brown sauce to pour over the meat. Dumplings are very nice served with a pot roast.

HAMBURGER STEAK

Take half a pound of round steak without any fat or bones or stringy pieces; mince it very fine. Mince one small onion and mix well with the meat. Season with salt and pepper, and make into cakes the size of a biscuit and quite flat. Have ready a frying pan with a teaspoonful of lard and one tablespoonful of butter and let it get boiling hot, then put in the steak and fry a nice brown on both sides. Garnish with parsley around the edge of the platter and slices of lemon on top of the meat.

DRIED BEEF A LA CREME

Make a cream sauce and add to it the dried beef, cut fine. Season with pepper but not salt. When hot, add a well-beaten egg, stir till it thickens and serve at once on toast. A very nice breakfast dish.

BEEF A LA BARCELONA

Cut a pound of tender beef into small bits. Fry in butter, with a minced onion, a little celery or celery seed, some chopped parsley and a pinch of thyme. When brown, add enough stock to cover, using beef extract

and water if the stock is not at hand. Simmer slowly till the meat is cooked through, then add a spoonful of white wine. Make a mound of boiled rice in the center of the platter, arrange the meat around it, strain the sauce, thicken, and pour over it.

CORNED BEEF HASH

Cut cold, cooked, corned beef very fine, and mix with twice the bulk of mashed potato. Add a shredded green pepper to every quart, season with salt and pepper. Serve on buttered toast with poached egg on each portion and serve very hot.

COTTAGE PIE

Mince two cupfuls of cold meat (any kind will answer), add to it one minced onion, one teaspoonful powdered sage and salt and pepper to taste. Turn all into a pie dish, add a little hot water and cover with a deep layer of mashed potatoes beaten light, with cream and seasoning added. A little sweet cream added to the meat is an improvement. Spread a little soft butter over the potatoes, and bake half an hour.

GERMAN MOCK RABBIT

Mix a pound of raw chopped beef with an equal quantity of raw chopped veal. Season with salt, pepper, nutmeg, onion, thyme and chopped parsley. Add a cupful of dry bread crumbs and bind with four raw eggs, unbeaten. Shape into a loaf, cover with egg and crumbs, put into a baking pan lined with slices of fat salt pork, and baste frequently. Serve in slices, either hot or cold.

TRIPE LYONNAISE

Cut up half a pound of cold boiled tripe into squares. Put two tablespoonfuls of butter and one tablespoonful

of chopped onion in a frying pan and fry brown; add to this a tablespoonful of strong vinegar, salt and cayenne. Stir to prevent burning. Cover the bottom of a heated platter with tomato sauce, add the contents and serve hot.

LIVER A LA CREME

Wash half a pound of calf's liver and boil until very tender in salted water. Drain and chop fine. Make a cream sauce, add the chopped liver, bring to a boil and pour over buttered toast arranged in triangles on a hot platter. Fry thin slices of bacon and place a slice on top of each piece of toast.

LIVER PATTIES

Take one-half pound of calf liver, steamed or boiled and chopped fine, season with salt, pepper, catsup and Worcestershire sauce to taste, adding a little thick brown sauce. Serve in hot patty shells.

ROAST VEAL

A small roast of veal from the loin is choicest, but a shoulder roast with a pocket for stuffing is also good. A two-pound roast can be bought but from three to three and a half pounds is the best size. Bake till tender, basting when necessary.

ROAST LAMB

A leg of lamb is too large for a small family unless it is real milk lamb, when it should be carefully roasted as it cooks quickly. Get a two-pound piece of the shoulder of a young lamb and ask the butcher to fix a pocket for stuffing. This is a very delicious roast.

STUFFED ROAST VEAL

Get a pound and a half of veal cutlets, cut the edges to prevent curling. Pepper lightly and sprinkle over

it a quarter of a teaspoonful of thyme. Dredge with flour, put a bread and butter stuffing on one-half, fold the other half over it, lay the veal on a thin slice of fresh fat pork, on a deep earthen dish, cover lightly, bake in a moderate oven two hours. Remove the veal to another dish. Sprinkle with salt and browned bread crumbs, return to the oven for five minutes. Add one tablespoonful of flour and half a cupful of boiling water to the sediment in the baking dish, salt and pepper to taste, boil up and pour around the veal.

CROWN ROAST OF MUTTON

No one but a first-class butcher can put up such a roast as this, let the roast weigh about three and one-half pounds or four. This roast is made from a full loin, the bone split between the chops and the ribs trimmed as for French chops and cut of uniform length and the whole then rolled in circular form. Wrap the ends of the ribs with strips of cloth and roast till well done. Fill the center with French peas. Serve on a hot platter, garnished with parsley.

LAMB CHOPS

Wipe three or four lamb chops with a wet cloth; remove the skin and extra fat; have a frying pan hissing hot without any fat; put in the chops and cook two minutes, turn, and sear the other side; cook more slowly until done, stand them up on the fat edge to brown the fat, without over-cooking the meat. When nearly done, sprinkle a little salt on each side. Drain on paper, and serve hot, with tomato sauce if desired. Mutton chops are cooked the same way.

VEAL BIRDS

Slice off the veal from the loin, cut very thin. Wipe, remove the bones, skin, and fat, and pound until one-fourth of an inch thick. Trim into pieces two and a

half by four inches. Chop the trimmings fine with one square inch of fat salt pork for each bird. Add half as much fine cracker crumbs as you have meat; season highly with salt, pepper, thyme, lemon, cayenne, and onion. Moisten with one egg and a little hot water, spread the mixture on each slice nearly to the edge, roll up lightly, and tie or fasten with skewers. Dust with salt, pepper and flour; fry them slowly in hot butter till a golden brown, but not dark or burned. Then half cover with cream and simmer fifteen minutes or till tender. Remove the strings, and serve on toast. Pour the cream over them, garnish with points of toast and lemon.

VEAL CROQUETTES

Chop up fine, enough veal to fill one cupful; season highly with salt, pepper, cayenne, onion juice, celery salt and parsley. Moisten with one beaten egg and white sauce and shape into molds, roll in fine bread crumbs, egg and crumbs again and fry in hot fat.

VEAL LOAF SPICED

Chop two pounds of veal and a quarter of a pound of fat pork as fine as sausage meat; add to it two large soda crackers rolled very fine, two well-beaten eggs, quarter of a teacup of tomato catsup, quarter of a teaspoonful of table salt, half a teaspoonful of pepper, half a teaspoonful of grated lemon rind; taste before molding to be sure it is rightly seasoned. Mold into a loaf; put in a bread pan, cover with one cracker rolled fine and baste once in twenty minutes with one-half cupful of boiling water to which add half a tablespoonful of the best table butter. Serve on a long platter garnished with parsley and slices of lemon.

MINCED MUTTON AND EGGS

Chop remnants of cold mutton, season well and add a good cupful of warmed gravy. Strew crumbs on

the bottom of a buttered baking dish, pour in the mutton and cover with crumbs, and bake till bubbling hot; then break eggs enough over the top to cover the mince well, scatter bits of butter on the eggs, salt, pepper, and sift cracker crumbs over the top, and bake till the eggs are set.

ROAST PORK

The loin or chine, also the spareribs, are the best pieces for roasting. Rub surface well with salt, sprinkle lightly with sage and pepper, dredge with flour, and bake in a hot oven for the first twenty minutes, or until delicately browned, after which reduce the heat, allowing twenty minutes to each pound of meat. Baste often. Roast pork should be thoroughly cooked, not at so high a temperature as other meats, and is considered more wholesome when served cold. Serve with onion sauce, when served hot, and with baked, fried or stewed apples.

ROAST SPARE RIB

Select carefully the loin and ribs of a "beastie" both fresh and young. Plunge it into scalding water, dry thoroughly and rub with a mixture made from salt, pepper, sage, minced parsley and onion juice. Bake in a hot oven, twenty minutes to the pound, basting frequently with a quantity of cider in the pan. It should be roasted the day before, as it is much more wholesome when cold and is intended as a relish to turkey.

ROAST SPARE RIB WITH DRESSING

Have loin of pork cut with long ribs; season and put to roast; half an hour before it is done turn so the ribs will hold the dressing made as for turkey stuffing; fill with the dressing and finish baking; serve with apple sauce.

PORK TENDERLOIN

Two tenderloins are enough for the family of two. Tenderloin should be cut in pieces of uniform size, and one-quarter of a pound of fresh fat pork should be allowed for each one. Cover and fry rapidly for a minute in a spider smoking hot, turn and fry the other side, turn burner down very low and cook slowly ten minutes. Always cook pork slowly and thoroughly. When cooked, put one level teaspoonful of salt, dusting of pepper, stir the grease and brown sediment well into the flour, cook a few minutes, add half a cupful of rich milk; stir till a smooth creamy gravy, pour over the tenderloins, sprinkle over all one tablespoonful of minced parsley.

SAUSAGE WITH APPLE GARNISH

Always buy the best sausages, as pork which is not of the best quality is not desirable or healthful. Two grades of seasoning are sometimes offered at the same price, one mild and the other highly spiced. Try baking instead of frying sausage and you will never go back to the top of the stove method. Arrange the sausages on a baking sheet, pierce each a half dozen times with a steel fork and set in the oven; turn once to brown and when they are done they will be cooked evenly and unbroken. While any kind of pork should be well done, it should not be cooked until dry as a chip, as it is sometimes served. Pile the sausages on a platter in log cabin style and garnish with apples which have been cut in round slices, cored and pared and cooked in a weak syrup until tender but not broken. The sausage needs the acid of the apple to counteract its own richness in fat and spices, and if more convenient, serve stewed apple with it. Do not choke the sausage in a frying pan and then turn the apple in to absorb the grease as it cooks, unless the family have digestions of wood choppers in midwinter.

PORK AND BEANS

Pick over and wash carefully two cupfuls of beans, and let them soak in water all night. Wash and drain in another water, boil in cold water twenty minutes; stir in a half teaspoonful of baking soda and skim off the froth. Drain and pour beans in an earthen covered pot. Put in the center of the beans a quarter of pound of salt pork; score the rind in slices. Mix one pint of boiling water with half a teaspoonful of salt, one pinch of cayenne pepper, one tablespoonful of molasses. Pour this over the beans, set in a moderate oven, and bake for four hours, keeping the pot well covered. About an hour before the beans are done, remove the cover to brown the top and crisp the pork. When done, if beans are just right, the juice will show itself when the pot is tilted half way up. Serve in a deep dish, the pork on top, garnished with a few sprigs of parsley.

THE PROPER RELISHES TO ACCOMPANY MEATS

Roast Beef	Grated Horseradish
Roast Mutton	Currant Jelly
Roast Lamb	Mint Sauce
Roast Pork	Apple Sauce
Boiled Mutton	Caper Sauce
Boiled Chicken	Bread or Egg Sauce
Roast Turkey	Cranberry Sauce
Boiled Turkey	Oyster Sauce
Venison, Wild Duck or Game	Currant Jelly Sauce
Boiled Fish	Drawn Butter or Caper Sauce
Broiled or Baked Fish	Fish or Cream Sauce
Roast Goose	Apple Sauce

Broiled Fresh Mackerel .....Stewed Gooseberries
Broiled Shad .....Boiled Rice and Salad
Fresh Salmon .....Green Peas and Cream Sauce
Beefsteaks or Warmed-over Meats .....Brown Sauce
Broiled Steaks and Chops .....Tomato Sauce
Small Roast Birds .....Bread Sauce
Veal Cutlets and Fillets, Etc. ..... Mushroom Sauce
Poultry and Boiled Fish .....Oyster Sauce
Salt Fish .....Maitre d'Hotel Sauce

MINT SAUCE

Pour over a teaspoonful of chopped green mint half a cupful of boiling water. Add to this two tablespoonful of butter, half a pint of cream, one saltspoon of vinegar; boil up once more. Put in a cool place before serving.

CAPER SAUCE

Half a cupful of drawn butter, half a tablespoonful of chopped capers, one teaspoonful of juice from the bottled capers; let it just simmer and serve.

NASTURTIUM SAUCE

Make sauce as caper sauce, using green nasturtium seeds instead of capers, and chop very much finer than capers.

BREAD SAUCE FOR CHICKEN

One pint of hot milk, one onion, one tablespoonful of butter, one cupful of finely grated bread crumbs. Press cloves into the onion; add the hot milk and let it simmer for half an hour. Then add the butter and bread crumbs, stir until thickened. When ready to serve, take out the onion and cloves.

EGG SAUCE

Boil three eggs very hard; when taken up, put them into cold water. Shell and chop the eggs rather fine, throw them into melted or drawn butter, beat well and serve.

CURRANT JELLY SAUCE

One tablespoonful of butter, half a small onion chopped fine, half a tablespoonful of flour, one celery leaf, half a cup of stock, two tablespoonfuls of currant jelly; fry onion light brown in the butter; stir in the flour, browning slightly; add celery leaf and then the stock; simmer twenty minutes; strain, reheat and add jelly and stir until dissolved; then serve.

CREAM SAUCE

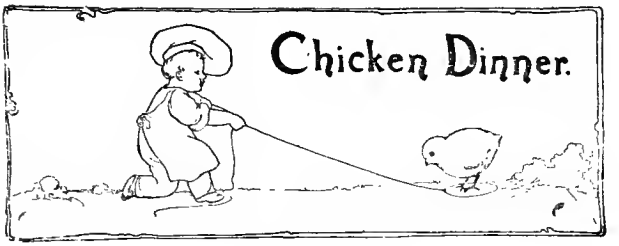
One large tablespoonful of butter, one rounded tablespoonful of flour, one level teaspoonful of salt, one-fourth teaspoonful of white pepper. Stir these together and pour over the mixture one-half pint of hot milk. Cook just long enough thoroughly to mix the ingredients,—two or three minutes.

TOMATO SAUCE

Put into a saucepan one-half pint of stewed tomatoes, one-half of a small onion, half a bay leaf, and half a blade of mace, a pinch of minced parsley; simmer slowly for fifteen minutes. Melt one-half tablespoonful of butter, add to it two teaspoonfuls of flour, mix until very smooth. Press the tomatoes through a sieve, add them to the butter and flour, and stir until it boils. Season with salt and pepper to taste.

SAUCE FOR BOILED MEATS

Chop fine half of one onion and a small quantity of mixed pickles. Put these in a small stewpan with half a cup of vinegar, one teaspoonful of bread crumbs, a pinch of salt and pepper. Boil all together five minutes, then add one gill of water and boil ten minutes more.



Cream of Tomato Soup.

Bread Sticks. Celery. Olives.

Smothered Chicken.

Baked Potatoes. Creamed Parsnips.

Rolls.

Cucumber Salad.

Wafers.

Salted Almonds.

Coffee.

GAME AND POULTRY

ROAST CHICKEN

Have a bright, clear and steady fire for roasting. Prepare your chicken. Make a dressing of bread crumbs, onion chopped fine, butter, pepper and salt, and one-half cup of raisins, if liked. Put a pint of hot water in the dripping-pan, add to it a small tablespoonful of salt and a small teaspoonful of pepper. Baste frequently and let it roast quickly without scorching. When nearly done add a piece of butter the size of a large egg to the water in the pan; when it melts baste with it, dredge with flour, baste again and let it finish. From three-quarters to one hour will roast if the fire is right. When done take it up, let the giblets (heart, liver and gizzard) boil tender and chop fine. Put them in the gravy. Add a tablespoonful of browned flour and a bit of butter. Stir it over the fire for a few minutes, then serve in a gravy tureen.

FRIED SPRING CHICKEN

Clean and joint the chicken, then soak in salt water for an hour. Have a frying pan ready with equal parts of lard and butter enough to cover the chicken. Roll each piece of chicken in flour, dip in beaten egg, drop into boiling hot fat. Fry until brown on both sides. Serve on heated platter, garnished with parsley. Pour most of the fat from the pan, and thicken the remainder with browned flour, and add one cupful of hot milk. Serve in gravy boat.

STEAMED CHICKEN

Rub the chicken, after being thoroughly washed and cleaned, with pepper and a teaspoonful of salt, wrap the chicken in a clean white cloth, place in a steamer as near the water as possible, cover, and steam two hours. Serve with a cream sauce or gravy. Boil two cupfuls of the liquor from the kettle without the fat, add a pinch of cayenne pepper and two pinches of salt. Stir two tablespoonfuls of flour into one cupful of sweet cream until smooth, then mix with the gravy. Add one pinch of nutmeg, with one teaspoonful of lemon juice. Garnish with celery and thin slices of lemon.

SMOTHERED CHICKEN

Select a fine Philadelphia dry picked, young roasting chicken, weighing about four pounds; singe it and cut off the head and feet, then split it down the back as if for broiling. Clean it, reserving the heart, liver and the gizzard. Put some butter in a deep pan and melt it so the bottom is well covered, then lay in the chicken skin side up. Cover it well with little pats of butter, season it well with salt and pepper, pour in a half pint of boiling water, cover the pan tight and stand it in a moderate oven. Let the chicken cook one hour, then lift the cover and pour in a half pint of cream. Cover it again and let it cook another hour, then serve.

CHICKEN STEW WITH DUMPLINGS

Cut up the chicken and wash in salt water, put in a stew pan with one cupful of boiling water and a small piece of salt. Stew slowly. If a young fowl, it will only take an hour to cook. About fifteen minutes before serving add salt and a little water to the stew, let come to a good boil, then drop in the dumplings made of biscuit dough. Cover tightly, watch that

the gravy does not burn. Serve the chicken on a heated platter with the dumplings around it and the gravy poured over the chicken.

CHICKEN CROQUETTES

A half cupful of minced chicken, add salt and pepper to taste, and enough gravy thickened with flour to mould into egg-shaped rolls. Sprinkle well with bread crumbs, and brown in a heaping teaspoonful of hot butter in an uncovered dish. When a nice brown, remove croquettes to a hot dish. Add to the butter left in the pan one teaspoonful of soaked bread crumbs and four tablespoonfuls of heated milk, boil until thick enough to spread evenly, add the seasoning you like. Serve with a sprig of celery on each croquette, and serve at once.

CHICKEN LOAF

Get a four or five-pound chicken trussed as for roasting, but not stuffed. Cook in as little water as possible until the meat drops from the bones; then remove the skin, fat, gristle and bones, and put all back into the kettle. Add plenty of butter and salt, pepper and celery salt to taste, and a teaspoonful of vinegar or lemon juice. Heat thoroughly. Slice one hard boiled egg into bottom of a plain oblong mold and pour in the hot chicken. Be careful not to have too much liquor or the meat will not remain at the bottom of the mold. Set away to cool. When cool and hardened, serve on a platter garnished with lettuce and olives.

ROAST TURKEY WITH OYSTER DRESSING

Dress and rub the turkey thoroughly both inside and out with salt and pepper; steam two hours, or until it begins to grow tender, lifting the cover occasionally and sprinkling with salt. Then take out, loosen the

legs, and rub the inside again with salt and pepper and stuff with a dressing prepared as follows: Take a loaf of stale bread, cut off the crust and soften by placing in a pan, pouring on boiling water, draining off immediately and covering closely; crumble the bread fine, add half a pound of melted butter, or more if to be very rich, and a teaspoonful of salt and a teaspoonful of pepper, or enough to season rather highly; drain off liquid from a quart of oysters, bring to a boil, skim and pour over the bread crumbs, adding the soaked crusts and one or two eggs. Mix all thoroughly with the hand, and if rather dry moisten with a little sweet milk; lastly, add the oysters, being careful not to break them; or first put in a spoonful of stuffing, and then three or four oysters and so on, until the turkey is filled; stuff the breast first. Flour a cloth and place over the openings, tying it down with a twine; spread the turkey over with butter, salt and pepper. Place in a dripping-pan in a well-heated oven, add half a pint of hot butter, and roast two hours, basting often with a little water, butter, salt and pepper, kept in a tin for this purpose and placed on the back of the stove. A swab made of a stick with a cloth tied on the end is better than a spoon to baste with. Turn until nicely browned on all sides, and about half an hour before it is done baste with butter and dredge with a little flour. This will give it a frothy appearance. When you dish the turkey, if there is much fat in the pan, pour off most of it and add the chopped giblets previously cooked until tender, and the water in which they were cooked; now stew down to about one pint; place one or two heaping tablespoonfuls of flour (it is better to have half of it browned) in a pint bowl, mix smooth with a little cream, fill up bowl with cream or rich milk, and add to the gravy in the pan. Boil several minutes, stirring constantly, and pour into the gravy tureen. Serve with currant or apple jelly. A turkey steamed in this way, does not look so well on the table,

but is very tender and palatable. It is an excellent way to cook a large turkey.

HOW TO CARVE A TURKEY

After having relieved the turkey from the strings and skewers in trussing, the turkey should be placed on a hot platter and set on the table with the neck at the right hand of the carver. First of all before carving insert the fork firmly in across the breast bone. Cut through the skin around the leg joint, bend the leg over and cut off at the joint. Then cut off the wings, and divide wings and legs at the joints. Carve the breast in thin slices parallel with the breast bone. Take off the wish bone; separate the collar bone from the breast; slip the knife under the shoulder blade, and turn it over, cut through the cartilage which divides the ribs, separating the breast from the back, then turn the back over, place the knife midway, and with the fork lift up the tail end separating the back from the body, place the fork in the middle of the back bone, and cut close to the back bone from one end to the other, freeing the side bone. As soon as the legs and wings are disjointed begin to serve, offering dark and white meat and stuffing as each person prefers. Do not remove the fork from the breast bone till the breast is separated from the back. Use an extra fork in serving. Carve only from one side of the turkey if all the fowl is not required, leaving the opposite side whole for another meal. Consult the tastes of the guests as to which part they prefer, if no choice is expressed serve a portion of both light and dark meat. The most delicate part of the turkey are two little muscles, lying in small dish-like cavities on each side of the back, just a little behind the leg attachments; the next most delicate meat fills the cavities in the neck bone, and next to this, that on the second joints. The lower part of the leg or

drumstick as it is called is stringy, tough and hard and should not be served but allowed to remain on the dish.

BONED TURKEY

With a sharp knife slit the skin down the back, and, raising one side at a time with the fingers, separate the flesh from the bones with a knife until the wings and legs are reached. Then unjoint from the body, cutting through to the bone, turn back the flesh and remove the bones. When the bones are removed the flesh may be reshaped by stuffing. Some leave the bones in the legs and wings, as they are the most difficult to remove. Stuff with force meat made of cold lamb or veal and a little pork chopped fine and seasoned with salt, pepper, sage or savory, and the juice of one lemon. Sew into shape, turn ends of wings under and press the legs close to the back, and tie firmly so that the upper surface may be plump and smooth for the carver. Lard with two or three rows on the top, and bake until thoroughly done, basting often with salt and water and a little butter. Carve across in slices and serve with tomato sauce or meat jelly for boned turkey.

MEAT JELLY FOR BONED TURKEY

Take oil from the water (when cold) in which the turkey was boiled, strain into a porcelain kettle, add two ounces of gelatine, three eggs with shells, a wineglassful of sherry or Maderia; stir well. Add one quart of strained liquor, beat rapidly with an egg beater, put over the fire and stir till it boils; simmer ten or fifteen minutes, sprinkle with a pinch of tumeric and strain as other jelly. Add lemon juice to taste. When cold break up and place over and around turkey. Cut in thick slices and fanciful shapes with paste cutter.

ROAST DUCK

Wash and dry the duck carefully. Make a stuffing of bread, onion, pepper, salt and butter; insert, and sew up completely that the seasoning may not escape. If tender, ducks do not require more than an hour to roast; keep them well basted, and a few minutes before serving dredge lightly with flour to make them froth and look plump. Send to the table hot, with a good brown gravy poured, not around, but over them. Accompany with currant jelly and, if in season, green peas.

WILD DUCK

Make a dressing of veal, mushrooms and bread chopped fine; soak the bread in cold water for a little time and mix with mushrooms and veal; season with pepper and salt and a little garlic to suit the taste; remove all the breast of the duck on either side; spread the dressing on the breast and roll it up and tie it; place it in a pan with a little butter, and salt, bake until it is nicely browned; add one-half cup of Rhine wine and let it simmer two minutes; cover with espagnole sauce; cook slowly forty minutes, and serve hot with croutons.

TO COOK QUAIL

Cut the quail in half; salt, with a little onion juice to flavor; when nicely browned add one pint of Burgundy wine; simmer ten minutes; two tablespoons espagnole; then add eight large oysters and four mushrooms; drop the oysters in so as not to cook too much; season with salt, lemon juice and a dash of cayenne, and serve hot.

ROAST QUAIL

Clean the quail, wash them in soda and water. Cleanse again with clear water and wipe dry. Put

two oysters inside each quail, sew up and arrange them side by side in a baking-pan. Pour a little boiling water over them, cover and roast half an hour, basting often with butter. Serve upon pieces of fried toast laid on a hot dish. Make a gravy and pour a spoonful over each.

SMALL BIRDS BROILED

After dressing the birds, wipe dry and split down the backbone; rub with melted butter, sprinkle with pepper but do not salt. Lay on hot broiler over a clear bed of coals; turn three or four times and cook until both sides are nicely browned; take up on hot platter and sprinkle with salt, and pour over each half one-half teaspoonful of melted butter; lay two sprigs of cress on each half and serve.

PIGEON ROASTED

Clean and stuff the birds the same as for roasted chickens. Rub them well with butter, rub with salt and lay on slices of bacon in a dripping pan, with one cup of boiling water. Bake twenty-five minutes in a hot oven, basting very often, and turning them that they may brown well on both sides. Serve on a bed of water cresses, with giblet gravy and currant jelly.

PIGEON BROILED

Clean and wash two birds, split down the back, lay on a hot buttered gridiron with the bone sides toward the fire. Baste with melted butter, keep covered, broil twenty minutes slowly; turn a few minutes before it is done, then dust with salt and pepper. Lay on buttered toast, add butter and the juice which escaped while broiling. Serve on a heated platter garnished with celery.

BELGIAN HARE

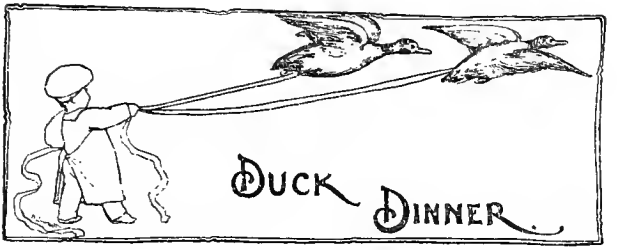
Cut up the hare and fry quickly; put in sauce pan water or stock enough to boil, season with six cloves, six allspice, and pepper-corn, one bay leaf and half of one lemon, one-half cup vinegar, and boil until tender; take out the meat, thicken the stock with flour and butter mixed; boil and strain over the hare; serve with croutons fried in butter.

SPICED RABBIT

Cut up the rabbit after it has been very thoroughly cleaned and laid in salt and water for about an hour. Pour some vinegar over it and let it remain in the pickle over night. Then put a lump of fresh butter about the size of an egg into a deep stew-pan, cut up an onion in it, adding one bay leaf, about one dozen pepper corns and part of a celery root. Lay the rabbit in this stew, adding part of the vinegar that the rabbit was pickled in and salt slightly before stewing. When tender, thicken with flour that has been browned in a spider with butter.

A SUBSTITUTE FOR MEAT (MOCK TURKEY)

One-half pound of bread or cracker crumbs, one-quarter pound of butter, one-quarter pound nut meats, season, salt and pepper to taste, one egg, one pint water (hot), put bread and butter in chopping bowl, pouring over the water very hot; chop very fine; add egg and season and mix very thoroughly; grease pudding pans and scatter around some cracker crumbs; put in mixture and bake one hour; serve on hot platter with brown sauce; cook together one tablespoonful of butter and one of flour, and one cupful water; boil till thickened and season to taste.



Cream of Tomato Soup.

Bread Sticks. Olives.

Roast Duck. Filling seasoned with Onion.

Stuffed Potatoes. Grape Jelly.

Water Cress Salad.

Cheese Wafers.

Baked Apples.

Salted Almonds.

Coffee.

VEGETABLES

FRIED RAW POTATOES

Peel six good-sized potatoes very evenly and cut them in slices as thin as an eggshell. Put into a frying pan one teaspoonful of butter and one of lard, and as soon as it boils add the sliced potatoes, sprinkling them over with salt and pepper. Cover them with a close-fitting lid, letting the steam partly cook them. Remove the lid and then fry gold in color, shaking and turning them very carefully with a wooden ladle, so as to brown equally and not break the slices.

MASHED POTATOES

Take seven good-sized potatoes; wash and pare, and lay them in cold water thirty minutes; then put them into a saucepan, cover with water and a large pinch of salt. Boil until thoroughly tender. Drain off the water and mash them fine. Have ready a piece of butter the size of an English walnut melted in a little hot milk and a pinch of salt. Mix this well with the mashed potato until they are nice and smooth, taking care they are not too wet. Heap them up in a vegetable dish, smooth over the top, put a small piece of butter on top in the center and have dots of pepper here and there. Make it a point always to have your dishes hot and serve hot.

POTATOES BROWNED

Take seven potatoes and mash them the same as mashed potatoes. Lay into the dish they are to be

served in, smooth over the top and brush over with the yolk of an egg. Set in oven to brown; it will brown in ten minutes if the oven is hot.

SNOW POTATOES

Boil and mash the potatoes. Season with butter, pepper, salt and cream. Then run them through the potato ricer.

POTATO PUFFS

Prepare four large potatoes the same as mashed potatoes. While hot shape into balls the size of an egg. Have a tin dish well buttered and place the balls in it. As soon as they are done brush over with beaten egg. Brown in oven. When done, slip a knife under them, removing to a hot platter, bedded with parsley. Serve at once.

LYONNAISE POTATOES

Take four to five good-sized cold-boiled potatoes; slice endwise and crosswise, making them in small squares. Heat a tablespoonful of butter in a frying pan; fry in it half a small onion chopped fine, and fried till it changes color (not a brown but a yellow color). Then put in your potatoes, sprinkle with salt and pepper, stir well with a wooden ladle and cook fifteen minutes. Drain dry by shaking in a heated colander, taking care not to break them. Serve hot.

STUFFED POTATOES

Bake four medium-sized potatoes. When done, cut lengthwise in half, scoop out the inside, mixing it with butter, pepper, salt and two tablespoonfuls of cream; beat until light, return to the shell of the potato. Place them again in the oven until ready to serve.

STEWED POTATOES

Slice very thin a heaping cupful of cold baked potatoes; dredge with a teaspoonful of flour, a pinch of salt, and sprinkle with pepper. Put two teaspoonfuls of butter in a saucepan with a half cupful of fresh, rich milk, and when hot add the potatoes; stir once, and cook ten minutes without further stirring. The slices should lie in the gravy unbroken.

BAKED SWEET POTATOES (No. 1)

Brush clean four good-sized sweet potatoes. Bake in a hot oven a good half hour, or until they are done. When thoroughly baked they feel soft and yielding when pressed with the fingers. Try them often with a fork while baking.

BAKED SWEET POTATOES (No. 2)

Boil, peel and slice four sweet potatoes; put in layers in the baking dish, covering each layer with brown sugar and pieces of butter. Bake in a moderate oven till a nice brown.

CANDIED SWEET POTATOES

Boil sweet potatoes until just done. Peel and lay them in a shallow pan. Sprinkle them with brown sugar and bits of butter. Put the pan in the oven and let the potatoes slightly brown.

POTATOES A LA MARYLAND

Boil four sweet potatoes with their skins on; peel, cut in halves, lay in a shallow tin and cover with sweet cream. Add a little salt and a large piece of butter to each slice. Put into hot oven and bake a rich brown.

RHUBARB

The tender rhubarb which is one of spring's first offerings, goes very well with roast lamb or any other meat course for dinner. It is much more delicious if cooked without water, as the stem itself contains plenty of juice. Peel the stalks, cut them into pieces an inch long and put them into the upper part of a double boiler with sugar. Since it is to be served as a vegetable it will not need so much sugar as when used as a sauce, a half cupful being sufficient.

BAKED ASPARAGUS

Asparagus is another of the early spring vegetables, and to this plant has been ascribed many medicinal qualities. The wise housewife never throws away the tough lower ends of the stalks, but cuts them up into short lengths, stewing them tender, and saves the juice to flavor her next soup. To bake the asparagus, cut the tender ends of the stalks into inch-long pieces and cook them about fifteen minutes. Drain them and save the water in which they are cooked for the soup kettle.

Arrange the asparagus in alternate layers, in a buttered baking dish, with fine bread crumbs, bits of butter, salt and pepper and dice-shaped pieces of hard-boiled eggs. Sprinkle the top of the dish with buttered crumbs and bake twenty-five minutes. Send to the table in a baking dish.

BOILED ASPARAGUS

Boil stalks whole in salted water; serve in individual dishes with a dish of melted butter, in which the tops are to be dipped as they are eaten.

CREAMED ASPARAGUS

Cut only the very tender part of the stalks into inch pieces; boil until tender in as little water as can be

used and prevent burning; drain off the water, season with salt and pepper; pour into the cooking dish a cup of thin cream or sweet milk, and thicken with a tablespoonful of butter rubbed smooth with a tablespoonful of flour; boil up until sauce is smooth, and serve.

BAKED CABBAGES

Get a small firm white cabbage, clean and boil for fifteen minutes, then change the water and add more boiling water. When the cabbage is very tender drain and set aside to cool. When it is perfectly cold, chop fine and add two well-beaten eggs, a tablespoonful of butter, salt and pepper to taste, and three tablespoonfuls of cream. Stir all well together, and bake in a well-buttered pudding dish until brown. Serve very hot. This dish is very digestible.

CREAMED CABBAGE

Chop half a small cabbage and boil until tender and the water is nearly or quite boiled away. Cover with milk, season with salt, pepper and butter and serve.

BRUSSELS SPROUTS CREAMED

Wash and throw a cupful of sprouts into water. Simmer until tender, which takes about three-quarters of an hour. Drain off the water and pour over them a cream sauce.

CABBAGE SLAW

To one cup of cabbage chopped fine, add this dressing: Mix thoroughly one egg beaten up well, and three table-spoonfuls of sugar, a pinch of salt, about half a pint of vinegar, then put on fire and cook until it just boils, stirring all the time, as it will curdle if too sour. (Add a little water to vinegar.) Cool this well, pour over slaw and serve.

FRIED PARSNIPS

Scrape roots carefully; boil in salted water until tender. Cut into long slices, dredge with flour and fry quite brown in butter and dripping mixed.

STEWED PARSNIPS

Scrape roots and slice across; cook in as little water as possible, as the sugar of the vegetable goes into the water and is thrown away if much water is drained off; watch carefully to prevent burning, and when the water is cooked away add butter, salt, pepper, and milk enough to cover. Thicken with a little flour.

CREAMED PARSNIPS

Boil a dozen parsnips until tender. Make a drawn butter sauce as follows: In a small pan thoroughly mix a tablespoonful of butter and two tablespoonfuls of flour. Add a cupful of hot water and set over hot water until melted. Boil up once and pour over parsnips which have been drained. Serve very hot.

SWISS PARSNIPS

Boil tender six parsnips, scrape and slice lengthwise. Put in a saucepan, add two teaspoonfuls of butter, salt and pepper, and a little minced parsley. Shake until the mixture boils. Dish the parsnips, add to the sauce two tablespoonfuls of sweet cream in which has been stirred a teaspoonful of flour. Let come to a boil and pour over the parsnips. Serve hot.

PARSNIP PATS

Boil parsnips until tender enough to press through a sieve. Season with salt and pepper, add one beaten egg; form into small pats and fry a delicate brown.

DANDELION GREENS

Dandelion greens are usually the first delicacy of the season for the women in the country. To avoid bitter taste the leaves must be parboiled in hot water and rinsed in cold water after each draining. Then they are boiled for fifteen minutes, or until tender. Drain them, run cold water over them and chop them fine. Just before serving, heat them in a frying pan with a little butter, salt and pepper. Send them to the table with the top garnished with hard-boiled eggs.

SPINACH

Wash the spinach very carefully through several waters, as particles of sand are apt to lodge in the stems near the root. Cut away the roots before boiling. Boil twenty minutes in as little water as can safely be used and not burn. Drain, press in the colander to remove all water; chop very fine, season with salt, pepper and butter, and garnish with hard-boiled eggs.

CREAM OF SPINACH

Wash and clean thoroughly half a peck of fresh spinach. Throw it into five quarts of salted boiling water in an uncovered saucepan, boil for twenty-five minutes. Drain it on a colander; when cool squeeze all the water out of it. It must be cooled quickly by pouring cold water over it, for the tin of the colander will spoil it. Chop it as fine as possible, then put it in a saucepan with one tablespoonful of butter, cook slowly for six minutes till dry, stir often. Sprinkle over it one teaspoonful of flour and mix well; add half a pint of rich cream. Season with salt and pepper to taste, cook again slowly for ten minutes. Remove from fire and add one tablespoonful of butter. Serve in a hot vegetable dish and garnish with sliced hard-boiled eggs.

BOILED ONIONS

Select as many onions as required. (The white silver skins are the best species.) Peel off the outside and cut off the ends, and put in cold water in a stewpan, and let them scald three minutes; then turn off the water, pour on cold water salted a little and boil slowly until tender, which will take about thirty minutes or longer, according to size of onions. When tender drain and dry. Pour over them a tablespoonful of melted butter. Sprinkle with salt and pepper and serve.

STEWED ONIONS

Select four nice onions, boil the same as boiled onions. When quite done drain off all the water. Add half a teacupful of milk, butter the size of a large walnut, salt and pepper, a heaping teaspoonful of flour stirred to a cream with a little milk. Let all boil up once and serve in a vegetable dish.

BAKED ONIONS

One large Spanish onion, wash and clean, but do not peel. Put into a saucepan with slightly salted water. Boil forty-five minutes, replacing with more boiling water as it evaporates. Pour off water and lay the onion on a cloth to dry. Roll onion in a buttered tissue paper, twisting it at the top, and bake in a slow oven three-quarters of an hour, or until tender all through. When tender, peel and place in a small deep dish and brown slightly. Baste with melted butter for ten minutes, season with salt and pepper, and pour over onion one spoonful of melted butter.

LIMA AND KIDNEY BEANS

One-half pint of beans, put them into boiling water, a little more than enough to cover them, and boil till

tender. Serve with butter and salt upon them, or cream them by mixing a teaspoonful of flour with milk till thick, then add a little parsley, and stir into the beans, adding a cup of milk. This makes a very fine dish.

BEETS

Wash and cook whole until tender; leave two or three inches of the top on until they are cooked. Young and tender beets should be chosen. Old beets require three or more hours to boil tender. When tender plunge for a moment in cold water and the skins will slip off easily. Be careful in preparing beets not to cut the skins, as the beets bleed and lose their sugar. Slice into dish; sprinkle each layer with salt and pepper. Heat one-half cup water, one-half cup vinegar, one tablespoonful sugar and one tablespoonful butter, and pour over the sliced beets.

BAKED BEETS

Wash and clean three or four beets, put into oven and bake three-quarters of an hour in a hot oven, turning them often with a knife to keep the juice from running out as it would if a fork were used. When done, remove the skins and serve with butter, salt and pepper on the slices.

FRIED CUCUMBERS

Pare cucumbers and cut into thick slices; dip into beaten egg whch has been seasoned with salt and pepper, then roll in fine cracker crumbs and fry in frying pan a light brown.

GREEN PEAS

Use green peas as soon as possible after picking, as they lose their sweetness rapidly. Shell, wash and boil twenty minutes, having all the water boil away if

possible; unless the peas are very young and tender, it is best to add a teaspoonful of sugar to the water in which they are boiled. Season with salt, pepper, butter, milk or cream. Heat the milk to the boiling point and serve.

GREEN PEAS WITH NEW POTATOES

Cut two thin slices of fat, salt pork into small dice; fry a little in the bottom of kettle in which you are to cook the vegetables. Add about a quart of small, new potatoes and a pint or more of green peas. Season with salt and pepper; when tender turn off all the water except about half a cupful. Add a cup of milk and thicken with a little flour.

STEWED GREEN PEAS

The same amount as above, shell and wash; put into a saucepan with boiling water and boil until very tender. Drain in a colander. Melt a heaping teaspoonful of butter in one of flour; stir well and add to the peas, and boil eight minutes.

CANNED PEAS

Drain the peas in a colander and rinse off all the liquor with cold water. Put in basin with two or three tablespoonfuls of water, just enough to heat the peas and keep them from scorching; when well heated, add a cup of rich milk, butter, pepper and salt. Let just come to a boil and serve. A teaspoonful of sugar added to the peas when boiling is a great improvement. A good brand of peas prepared in this way will be nearly equal to the fresh vegetable.

BAKED TOMATOES

Peel and slice four tomatoes a quarter of an inch thick, place in layers in a pudding-dish, seasoning each

layer with salt and pepper, bits of butter and a sprinkling of white sugar. Cover with a lid, and bake half an hour. Remove the lid and brown ten minutes. Just before serving, pour over the top three tablespoonfuls of whipped cream with melted butter.

STEWED TOMATOES

Select four nice, ripe tomatoes, pour boiling water over them and let them remain in the boiling water a few minutes; peel off the skins, put in a graniteware saucepan, and stew about twenty minutes; add a heaping teaspoonful of butter, salt and pepper, letting them stew ten minutes longer. Serve hot.

FRIED TOMATOES—GREEN OR RIPE

Four tomatoes and one cupful of crumbs, one small onion chopped fine, salt and pepper. If ripe tomatoes are used, choose solid firm ones, not too ripe. Remove skin. If green ones, just beginning to ripen, are used, do not pare; cut a thin paring from the end and divide into slices about one-half inch thick. Prepare the dressing and press it into the tomatoes until all the interstices are filled. Fry in drippings a rich brown. Serve in hot platter.

SCALLOPED TOMATOES

Butter the sides of a small pudding-dish, put a layer of breadcrumbs in the bottom, on them put a layer of sliced tomatoes, sprinkle with salt and pepper, adding bits of butter and a little white sugar sprinkled over. Repeat until the pan is full, having the top layer of sliced tomatoes with bits of butter on each slice. Bake in a closely covered dish till thoroughly cooked through. Remove cover and brown quickly. Serve hot.

GREEN CORN—BOILED

Select four nice ears of corn. Strip off the husks and remove all the silk; put into boiling water and boil twenty-five minutes. Serve on a heated platter covered over with a large table napkin.

GREEN CORN—ROASTED

Strip off all the husks from the corn and roast on the gridiron over a bright fire of coals, turning it as one side is done. Serve with salt and butter.

CORN FRITTERS

Green corn left over makes a nice lunch dish. Cut the corn from the cob. Put into a bowl one-half cupful of corn, half cupful of milk, quarter cupful of flour, one small egg, pinch of salt, and a quarter of a teaspoonful of butter. Mix well into a thick batter, and fry in small cakes in very hot butter. Serve with plenty of butter and powdered sugar.

FRIED EGG PLANT

Choose medium-sized egg plants; slice a quarter of an inch thick and let stand for a half hour in cold, salted water; dry on a cloth and dip in egg, then in fine crumbs; dip again in egg and crumbs and fry a rich brown. They may be peeled before frying, or after frying the skin readily peels off. Do not remove from the salt water until just as you are ready to fry, as they turn black quickly.

STUFFED EGG PLANT

Get a very small egg plant, cut in two; scrape out all the inside and put into a saucepan with a little minced ham. Cover with water and boil till very tender; drain off the water; add two heaping teaspoonfuls

of grated crumbs, one tablespoonful of butter, half a small onion minced; pinch of salt and a dash of pepper. Stuff each half of the hull with the mixture. Add a small lump of butter to each and bake fifteen minutes. Serve hot.

CREAMED TURNIPS

Cut turnips into small dice; boil in salted water, drain, pour on milk to cover. Thicken with a little flour, moistened with milk. Season with butter, salt and pepper.

CREAMED CARROTS

Slice new carrots and boil until tender in salted water; use as little water as possible and prevent burning, so that the sweetness will remain in the vegetable, and not be thrown away in the water. Prepare a cream of two tablespoonfuls butter rubbed into two tablespoonfuls flour, and one pint of boiling milk or thin cream poured over it. Let all boil up once with the carrots. Sprinkle chopped parsley over the dish just before sending to the table.

BAKED SQUASH IN THE SHELL

Cut Hubbard squash into pieces about four inches square; lay in baking pan, pepper and salt each piece, and put a lump of butter in the center of each. Bake until tender and serve in the shell just as it comes from the oven.

SUMMER SQUASH

Cut the squash in pieces and put in a cheesecloth bag; boil in salted water until done. Then remove the bag and hang up to drain. When it has drained well put in the colander, leaving the bag still closed; with a potato masher press out the rest of the juice. Open the bag, turn the squash into a basin and mash any remaining

lumps. Season with butter, pepper and salt, heat, and serve.

CAULIFLOWER SERVED WHOLE

To cook cauliflower and have it remain unbroken, wash thoroughly, remove all outer leaves and let it stand flower down in a deep dish of water to which a good handful of salt has been added. Allow it to remain there three or four hours; then shake it free from the water, tie it in a piece of fine muslin. Drop into a pot of briskly boiling salted water and allow it to boil slowly forty minutes. Remove cloth carefully and place in deep dish flower up and cover with the following sauce:

One tablespoonful butter, two tablespoonfuls flour; cream together and stir slowly into one pint of boiling milk until it is of the consistency of cream. Season with salt and little white pepper. This vegetable can be prepared more quickly if separated into the flowerets and boiled until tender, omitting the cloth.

ESCALLOPED CAULIFLOWER

One cauliflower, three-quarters cup of milk, one tablespoonful butter, two tablespoonfuls bread crumbs, one egg, salt and pepper. Boil the cauliflower until tender, about twenty minutes. Make a sauce of the butter melted, add milk and crumbs and simmer until crumbs absorb the liquid, add the beaten egg and remove from the stove before the egg is cooked. Break the cauliflower carefully, arrange in a buttered baking-dish, sprinkle with salt and pepper. Pour sauce on this, dust a few dry crumbs on the top and bake a light brown.

CABBAGE AND CAULIFLOWER

Cut cabbage into quarters and soak in cold water one-half hour. Chop the leaves, and cook in boiling

water until tender. Drain and serve with butter, salt and pepper, or with a white sauce. Cook cauliflower whole and in a bag to keep its shape.

MUSHROOMS STEWED

Wash, peel, drain and slice rather thin. To every quart add a half teacupful of cold water, a teaspoonful of salt and a pinch of pepper. Simmer for five minutes and add a tablespoonful of butter rubbed into a tablespoonful of flour. Remove as soon as it bubbles. Add a teaspoonful of lemon juice if desired.

MUSHROOMS CREAMED

Cook precisely as directed for stewed mushrooms, omitting the lemon juice and adding three tablespoonfuls of rich, sweet cream.

MUSHROOMS BROILED

Choose fine, large and neatly dressed mushrooms and broil over clear hot coals for three minutes, turning once. Serve with the cups upward, dressed with melted butter, salt, pepper and a little lemon juice.

MUSHROOMS FRIED

Place the gill side downward in hot butter, in granite pan. Fry covered for five minutes, turning once. Serve gills upward, adding salt, pepper and a little lemon juice if liked.

MUSHROOMS IN SHELLS

Cut fresh, dressed mushrooms in small pieces, dry in a napkin and toss them in hot butter in a saucepan until brown but not done. Shake in a teaspoonful of flour, stir, add a teacupful of rich veal or chicken stock and let simmer for five minutes. Beat two eggs with

the juice of half a lemon and add slowly, stirring until as thick as cream. Fill table shells with the mixture, sprinkle with cracker-crumbs and brown in a very hot oven.

MUSHROOM PATTIES

Prepare a mixture as above, have ready hot shells of puff paste that have been baked in patty pans, and drop a spoonful in each. Serve hot.

ESCALLOPED MUSHROOMS

Place alternate layers of mushrooms and cracker-crumbs in a thickly buttered baking dish and season each layer highly with butter, salt and pepper and a little lemon juice. Have the last layer of crumbs. Pour a teacupful of cream or delicate stock over, bake twenty minutes and serve very hot.

BUTTERED RICE

Throw a cupful of raw rice into two quarts of boiling water, slightly salted. Boil fast for twenty minutes, or until each grain is softened—not broken. Drain in a colander and set in open oven to dry while you heat a tablespoonful of butter in a frying-pan; drop in a teaspoonful of grated onion, stir to a hissing fry. Now turn the dried rice into the hot butter, toss lightly for a minute, seasoning to taste with pepper and salt, and serve in a deep dish.

RICE CROQUETTES

One-half cup rice, three-fourths teaspoonful salt; cook until tender and dry. While still lukewarm add to each cup of boiled rice one-half egg, a speck of white pepper and a bit of butter. Mould and set away to cool. Roll in egg, then in fine bread crumbs and fry in deep fat one minute. Make in shape of pyramid.

MACARONI

MACARONI A LA ITALIENNE

Divide a quarter of a pound of macaroni into four-inch pieces. Simmer fifteen minutes in plenty of boiling water, salted. Drain. Put the macaroni into a saucepan and turn over it a strong soup stock, enough to prevent burning. Strew over it an ounce of grated cheese; when the cheese is melted, dish.

MACARONI AND CHEESE

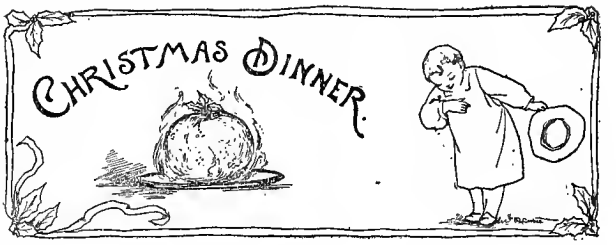
Break half a pound of macaroni into pieces an inch or two long; cook it in boiling water, enough to cover it well; put in a good teaspoonful of salt; let it boil about twenty minutes. Drain it well and then put a layer in the bottom of a well-buttered pudding-dish, upon this some grated cheese and small pieces of butter, a bit of salt, then more macaroni, and so on, filling the dish; sprinkle the top layer with a thick layer of cracker crumbs. Pour over the whole a teacupful of cream or milk. Set it in the oven and bake half an hour. It should be nicely browned on top. Serve in the same dish in which it was baked with a clean napkin pinned around it.

MACARONI WITH TOMATO SAUCE

One-quarter of a pound of spaghetti, one teaspoonful of flour, one large tablespoonful of butter, one-half pint of stewed tomatoes, salt and pepper to taste. Take a handful of the long sticks, put the ends into boiling salted water; as they soften, bend and coil the spag-

hetti in the water without breaking it. Boil rapidly twenty minutes. When done put it in a colander to drain.

Put the butter in a frying-pan to melt; add to it the flour; mix until smooth, then add the tomatoes (strained) and stir continually until it boils. Now carefully add the spaghetti. Let it boil up once and serve without cutting.



Oysters in Ice Cups.

Celery. Wafers. Olives.

Boned Turkey with Gravy.

Cranberry Sauce. Currant Jelly.

Baked Sweet Potatoes. Mashed White Potatoes.

Escalloped Tomatoes.

Orange Sherbet.

Lettuce Celery Salad.

Cheese Wafers.

Mince Pie.

Raisins. Nuts. Candy.

Coffee.

EGGS

BOILED EGGS

Three minutes boils eggs soft; six minutes boils eggs so yolk is not quite set; ten minutes boils eggs hard; twenty or thirty minutes boils eggs so yolks are mealy. They are said to be more digestible boiled as long as this, but the yolk is apt to darken. To have eggs jellied, put them into boiling water and then set dish back on range where the water will keep hot but not boil. In ten minutes the eggs will be cooked through; the whites will be like a jelly, and not hard as in boiled eggs.

POACHED EGGS

Fill basin with boiling salted water, if the bottom of the basin is greased first, the eggs will not stick to the dish. Break each egg into a saucer, and let slide carefully into the basin; keep hot but do not boil the water; when a film of white comes over the top, remove eggs to a hot dish; put piece of butter on each egg; sprinkle with pepper.

SCALLOPED EGGS

Four hard-boiled eggs, and half a cup of bread crumbs; one-half cup white sauce; slice the eggs in thin rings, cover the bottom of a buttered baking dish with crumbs, then the eggs sprinkled with salt and pepper, cover with sauce and arrange in layers, the same way until the dish is nearly full. Cover the top well with crumbs, and brown nicely in a moderate oven.

CURRIED EGGS

Three hard-boiled eggs, two ounces of butter, half of one onion and one gill stock, one dessertspoon curry powder, one ounce flour, one teaspoonful of cream; fry onion in butter (an apple may be added if desired) then add the flour, stock and curry powder; stir gently until flour is cooked; then add the cream; cut the eggs in halves and warm half of the pieces in the curry; keep the rest for decorating and dish prettily with curry in the center, and a wall of rice around it. A sprig or two of parsley and slices of lemon make it look nice.

SHIRRED EGGS

Separate the number of eggs desired, being careful to preserve each yolk unbroken in part of its shell; put whites in a bowl; beat stiff after salting sufficiently. Butter as many gem pans or shirred egg dishes as there were eggs; dip a large spoonful or more of the stiff white into each dish; drop the yolks carefully into the center and bake until the white is very lightly browned. A very pretty and dainty way to serve eggs.

EGGS IN DRAWN BUTTER

Boil four or more eggs according to size of family; cut whites into small pieces, and stir into just enough drawn butter sauce to mix well. Grate the hard-boiled yolks over, garnish with parsley and serve.

EGGS A LA ROBERT.

Peel one medium sized onion and remove the heart; cut the heart into slices and put it with a tablespoonful of butter in a saucepan over a brisk fire and brown well; moisten with a half cupful of lean broth; season with salt and pepper; cook and let the sauce reduce for about ten minutes; when ready to serve cut four

hard-boiled eggs in slices; mix them in the preparation and let heat together, without boiling, for two minutes; add half a teaspoonful of diluted mustard and serve.

BREAD OMELET

Four tablespoonfuls bread crumbs soaked in milk, four eggs, one tablespoonful melted butter, salt and pepper; soak bread soft, add beaten yolks and seasoning, beating the whites and cook as an ordinary omelet, folding when set.

HAM OMELET

One-half cup of chopped ham, four eggs, salt and pepper; beat eggs separately; add yolks to the minced ham; season; fold in the whites and fry in hot greased spider, folding over when set.

BAKED OMELET

Four eggs beaten separately, one cup sweet milk and one tablespoonful flour, a little salt and stir whites of eggs in last; pour into well-buttered shallow pan and bake fifteen minutes.

CHEESE OMELET

Beat well four eggs; add to them two tablespoonfuls of milk and one tablespoonful of grated cheese; add a teaspoonful more of the cheese before folding. Turn out on a heated dish and grate a sprinkling of cheese over the omelet before serving.

BAKED EGGS

Break a sufficient number of eggs to serve the family into a buttered shallow baking plate; season with salt, pepper and a lump of butter on each egg; dip enough rich cream on the eggs to about half cover the top; bake until eggs are set.

DEVILED EGGS

Boil hard as many eggs as are required; throw into cold water for half an hour; remove the shells, cut into halves and remove the yolks without breaking the whites; rub the yolks smooth; add (for six eggs) a large teaspoonful of melted butter or olive oil, one tablespoonful of vinegar, salt and pepper to taste, and a teaspoonful of made mustard, or one-third teaspoonful dry mustard. Mix to a smooth paste; stuff the whites with the mixture; press the halves closely together; secure with a wooden toothpick, and lay in a bed of lettuce leaves.

STUFFED EGGS

Prepare same as preceding recipe with the addition of minced ham, tongue, chicken, or other cold meat. Mustard may be omitted if desired, and lemon juice substituted for the vinegar. Minced sardines or grated cheese may be used the same as any variety of meat; parsley chopped fine, cress, or any savory herb may be used for seasoning. Any variety may be made with a little practice.

PINK PICKLED EGGS

Shell hard-boiled eggs and drop them into the vinegar in which beets have been pickled. Remove when colored a delicate pink. These are a pretty change for a picnic lunch.

SCRAMBLED EGGS

Have ready five eggs broken into a dish; salt and pepper them; put one tablespoonful of butter into a hot frying pan; tip around so that the butter will touch all sides of the pan. Turn them without beating into the pan. Stir them one way fast for five minutes until they are mixed. Do not let them get hard. Turn over toast and serve.

SCRAMBLED EGGS ON TOAST

Put butter size of large walnut in frying pan; when it melts pour in a quarter cup of milk; break four eggs into the milk; season with salt and pepper; stir constantly until set sufficiently then dip quickly on small slices of buttered toast.

SCRAMBLED EGGS WITH HAM

Cut very fine, cold boiled or fried ham; warm in a skillet containing a little ham dripping; break four or five eggs into the dish; season with salt and pepper and stir until nearly set.

EGGS AND BACON

Take a nice rasher of bacon; cut into little diced cubes; fry quickly until nicely browned; strain five beaten eggs into a basin, season with pepper and add to the bacon. Stir until quite firm. Serve in a heated platter garnished with hot pickles.

SERVING EGGS

A dainty way to serve eggs for breakfast, luncheon or tea is to take round slices of bread, toast them delicately, butter them and dip lightly in hot water. On each round spread the white of an egg beaten stiff with a speck of salt. Make a depression in the center, and in each place a whole yolk. Set the toast in the oven just long enough to set the yolk and brown the white a trifle.

BREAD, BISCUITS, Etc.

Use flour containing a large per cent. of gluten, or a flour called entire whole wheat.

Flour should be kept in a dry atmosphere. It makes better bread if heated just before using it.

If milk is used heat it to prevent souring.

Milk and water are both used luke warm.

The yeast must be fresh. One-half cake of yeast should be used with one quart liquid if the bread is set at night. One cake of yeast should be used with one quart liquid if the bread is set in the morning. Dissolve one yeast cake in one cup of luke warm water.

Loaves of bread should be baked one hour or more in a hot oven. Place on the grate ten minutes, then remove to the floor of the oven. The heat of the oven should increase slightly during the first twenty minutes and should be kept even for twenty minutes, and should decrease during the last twenty minutes.

When baked, the loaves should be cooled, uncovered, on a wire rack.

Biscuits require more heat than loaves of bread.

Bread should be kept in a clean bread box and not exposed to moisture.

WHITE BREAD

Take half a pint of peeled potatoes cut into small pieces; boil them in one pint of water, skim out the potatoes and mash fine. Add two tablespoonfuls of fine flour to the potatoes, pour over the potato water and stir till smooth. When cool, add two tablespoonfuls of yeast and a half teaspoonful of salt. Let it rise over

night. In the morning, take the bread bowl filled with flour, pour half a pint of boiling water in the center, and mix. Add enough cold water to make lukewarm; then pour in the sponge made the night before, mix the dough soft and knead one-half hour. Put back into bread-bowl and set to rise. When light, knead down and set to rise again. Then knead into loaves, put into bread pans and when light bake in a moderate oven. This quantity will make two loaves.

MILK BREAD

About half-past four in the afternoon make a sponge in the following way: Pour one and a half cupfuls of boiling water on six hops, and when lukewarm, strain and squeeze the hops dry. Measure the hop water and add enough more water to make one cup and a half. Melt in this hop water half a cake of yeast and add three cupfuls of sifted flour. Use a three-quart basin; cover tightly, and set in a warm place until eight o'clock, when the sponge should fill the basin about two-thirds full. Sift three more cupfuls of Pillsbury's Best, add one teaspoonful of salt and one pinch over, and put into a six-quart earthenware vessel. Add one teaspoonful of lard and one tablespoonful of sugar, and mix. Then pour in the sponge. Rinse out the basin with one cupful and a half of rich milk, add this to the flour and mix. Turn on a lightly floured board and knead into a soft elastic mass, using a half cupful of flour. Put it back into the large basin, cover tightly and set to rise all night in a warm place, temperature 70°. By half-past six in the morning it should quite fill the basin. Turn out and knead long enough to form into loaves. Use one teaspoonful of flour and no more for the last kneading; the dough must be soft and elastic. Put into pans, cover and let rise an hour and a half in a temperature of 90°. The dough should more than double in size. The first ten minutes the oven should be hot

enough to lightly brown the top; then moderate a little and bake for twenty-five minutes, not more than thirty minutes. This makes two loaves. Bread should be entirely cold before being put away in the bread box.

SOFT GRAHAM BREAD

Three cups of graham flour, one cupful of white flour, one teaspoonful of salt, four tablespoonfuls of molasses, or four tablespoonfuls of brown sugar and two tablespoonfuls of molasses, two tablespoonfuls of butter or lard, three-fourths of a cup of warm water. Mix the ingredients in the order given and add sufficient lukewarm water to make a soft dough. When the dough is light, beat it and pour it into the bread pans, filling them half full. When light, bake in a moderate oven.

BROWN BREAD

One cupful of sour milk, two-thirds cupful of molasses, two cupfuls of yellow cornmeal, one cupful of graham flour, one teaspoonful of soda, a pinch of salt, and one of ginger. Steam two hours in a covered crock in a kettle of boiling water; the water must be boiling before setting in the crock. Mix the salt with the meal and flour, then add the molasses; mix the soda and sour milk together and add to the rest. Mix carefully, as a great deal depends on the mixing. After steaming two hours set in oven to brown ten minutes.

LIGHT ROLLS

One egg, one cupful of sugar, three-quarters cupful of sweet milk, three-quarters cupful of butter and lard together, three or four cupfuls of soft bread dough, some cinnamon and one teaspoonful of baking powder. Knead up as stiff as required. Let it rise until very light.

FRENCH ROLLS

One large cup of sponge, one cupful of warm water, one-half cupful of butter, two tablespoonfuls of sugar, one egg, and flour enough to make a stiff dough. Let it rise, then mould again, roll out and cut with a biscuit cutter; fold over and lay in baking-pan. Let it rise again and bake.

PARKER HOUSE ROLLS

Sift one quart of flour into a bowl; make a hole in the middle, put in three level tablespoonfuls of lard, one heaping tablespoonful of white sugar, one cupful of warm sweet milk, one-half teacup of yeast, one teaspoonful of salt.

Let this stand in a warm place without stirring until light, then stir to a soft dough. Use a little more flour if necessary. About two hours before supper, work out the dough, using a little more flour. Roll out about half an inch thick, cut with a biscuit cutter, butter lightly with soft butter, fold over and put in the pans a little way apart. Let rise until tea time and bake in a quick oven. These rolls must be started by nine o'clock; earlier in winter.

CINNAMON ROLLS

Make a rich biscuit dough, using baking powder and sweet milk. Roll out into a sheet one-fourth inch thick and cut into strips two and one-half inches wide. Rub two cupfuls of brown sugar and one-half cupful butter to a cream, add to it enough ground cinnamon to give the desired flavor, rub well together and spread upon the strips of dough. Cut in sections, sprinkle with raisins or currants, roll up, place in pans and bake in a rather hot oven. When partly baked, brush with sugar and butter.

LUNCH BISCUIT

Two cups (large) of flour, two teaspoonfuls baking powder, one teaspoonful sugar, one-half teaspoonful salt, one egg, one cupful sweet milk, one large tablespoonful butter. Cut into small biscuits, handle as little as possible, and bake in a quick oven. They're nice biscuits for a lunch, for they are just as good cold as hot.

BAKING POWDER BISCUIT

Take one cupful of sifted Pillsbury's Best and stir in one teaspoonful of baking powder and one-fourth teaspoonful of salt. Cut into this one large tablespoonful of butter, and add a half cupful of rich milk. Dredge with flour, cut into small pieces, pat each piece into a ball, flatten a little and lay in a greased pan close together and bake in a hot oven. Bake eighteen minutes.

GERMAN BAKING POWDER BISCUIT

One pint of flour, sifted twice, one tablespoonful of butter, one tablespoonful of lard, three-quarters teaspoonful of salt, two teaspoonfuls of baking powder, about three-quarters cupful sweet milk. Do not roll heavily. Simply press it out a little with the hand. Do not handle it any more than necessary. Cut into biscuit shape. Let stand a few minutes, and then bake eighteen minutes in a rather quick oven.

SWISS MUFFINS

Sift one heaping cupful flour three times with one teaspoonful baking powder and a scant half-dessertspoonful of salt; half a cupful each of milk and water; add to this one well-beaten egg, one teaspoonful of sugar, one large tablespoonful of butter; stir well, then add to the flour. Bake in muffin rings twenty minutes in a hot oven. Serve hot with maple syrup.

GRAHAM MUFFINS

Two cupfuls of graham flour, two pinches of salt, one tablespoonful of molasses, one egg, and one tablespoonful of butter. Set to rise and bake for fifteen minutes in muffin rings.

CORN MEAL MUFFINS

Two cupfuls of flour, one cupful of cornmeal, good measure, two tablespoonfuls of butter, one cupful of sugar, three beaten eggs, two cupfuls of milk, one tablespoonful and a half of baking powder, two good pinches of salt. Sift together the flour and cornmeal, baking powder and salt. Beat the eggs and sugar together, add the milk, stir well, then add to the flour. At the last add the melted butter. Bake in muffin pans in a hot oven. Serve hot.

SOUR MILK MUFFINS

Beat two eggs till very light, then add one cup of sour milk, in which one-half teaspoonful of soda has been dissolved; when well mixed add one tablespoonful of sugar, one-half teaspoonful of salt, and one and one-half cupfuls sifted flour. Have the gem pans hot and well greased, fill half full, and bake twenty minutes.

FEATHER MUFFINS

Beat together one teaspoonful each of lard and sugar, add the yolk of one egg, one gill of milk, one-half pint of flour, and one teaspoonful of baking powder and a little salt; lastly the well-beaten white of the egg. Bake in hot oven.

WHEAT GEMS

One teacupful of milk, one full cupful of wheat flour, a pinch of salt, and one beaten egg. Bake in gem pans.

FRUIT GEMS

Take gem batter and add chopped raisins, figs, dates, together or separate. Roll the fruit in dry flour. Suit your taste as to the proportion of fruit. If a little sweet cream is used in mixing the dough, the cakes will be nice enough for dessert, or a lunch for traveling.

NOVEL CORN GEMS

Blend thoroughly in the order mentioned two cups of sweet milk, one well-beaten egg, a pinch of salt, one tablespoonful of brown sugar, a tablespoonful of maple syrup, two tablespoonfuls of melted butter, one cup of Indian meal and one cup of wheat flour sifted with a heaping teaspoonful of baking powder. When very light stir in half a cup of finely chopped dates. Have ready hot gem pans. Fill each about three-quarters full with the batter and bake thirty minutes in a moderate oven.

FLOUR PANCAKES

One pint sour milk, one egg, a little salt and one teaspoonful soda. Make a batter with flour, and bake on a hot griddle. To be eaten hot with maple syrup.

BATTER CAKES

One pint flour, two eggs, two teaspoonfuls of baking powder, one level teaspoonful of salt, one tablespoonful of soft butter, one and one-half cupfuls of sweet milk. The batter is better for standing half an hour.

Waffles may be made by the same recipe.

Always mix soda or baking powder with flour.

GRIDDLE CAKES

One cupful of sour loppered milk, half a teaspoonful of soda, one beaten egg, one tablespoonful of melted butter, pinch of salt, two tablespoonfuls

and a half of corn meal, half a cup of flour. Mix half an hour before baking, then add the soda dissolved in a teaspoonful of water. Beat thoroughly and bake on hot soap-stone griddle. Do not grease soapstone.

BUCKWHEAT CAKES

One cupful of buckwheat flour, half a teaspoonful of salt, one cupful of luke-warm water, and one-eighth of a yeast cake dissolved in three tablespoonfuls of water. Mix thoroughly, and set to rise over night. Before baking, add one teaspoonful of molasses, and one large pinch of soda dissolved in three tablespoonfuls of water. Beat well together, and bake on a soapstone griddle. Serve cakes hot.

POTATO PANCAKES

Grate four good sized potatoes, season with a pinch of salt and pepper, two eggs not beaten, one tablespoonful of flour, a very little milk and a pinch of baking powder. Mix all well together and fry like ordinary pancakes in deep fat. Serve hot.

RICE GRIDDLE CAKES

One cup soft boiled rice, one-half cup milk, three eggs, yolks and whites beaten separately, three tablespoonful flour. Fry immediately after adding eggs.

FRENCH TOAST

Cut bread which is not too fresh into pieces about half an inch thick; cut the slices into halves; drop a piece of butter into frying pan. Beat two eggs; add a pint of milk with salt to taste. Drop each piece of bread into this and then onto the frying pan. Fry to a nice brown. Drop a little currant jelly on the middle of each piece. Serve on a plate garnished with parsley.

PEACH TEA CAKE

One large tablespoonful, equal parts, of butter and lard; one gill of sugar and one gill of milk, one beaten egg, two cups of flour, and one teaspoonful of baking powder. Turn into a shallow baking pan. Do not have the batter more than one-half inch deep. Cover with sliced peaches. Sprinkle with sugar and cinnamon. Bake thirty minutes; serve warm with cream and sugar.

YEAST

A double handful of hops in a thin bag, one quart of boiling water, one quart of potatoes cut in small pieces. Boil the potatoes with the hops until thoroughly done, keeping them covered tightly all the time. Take the potatoes out and mash well, then pour the boiling hop water over them; add two tablespoonfuls of sugar, two of ginger, one of salt, and let it stand until just warm. Add one teacupful of yeast, put away in a jug in a cool place. This yeast will keep two months in winter and two weeks in summer.

Uses for Stale Bread

Crusts and small pieces of bread should be dried in a cool oven until a light brown. Roll them on a pastry board, or put through a meat grinder. Crumbs must be sifted. Use them only to cover articles of food cooked in deep fat. Crumbs should be kept in jars with a piece of muslin tied over them.

CROUTONS

Cut pieces of stale bread into cubes, and brown in the oven.

SIPPETS

Cut bread into pieces two inches thick, cut either round or four and a half inches long by three inches wide. Remove part of the bread from the center, butter, and brown in the oven.

BREAD PUDDING

Butter the sides and bottom of a deep pudding dish, then place a layer of stale bread, rolled fine, in the bottom of the dish, then a layer of any kind of fruit; sprinkle on a little sugar, then another layer of bread crumbs and of fruit, and so on until the dish is full, the top layer being crumbs. Make a custard as for pies, add a pint of milk and mix. Pour it over the top of the pudding and bake until the fruit is cooked. Stale cake crumbs fine, in place of bread, is an improvement.

PLAIN BREAD PUDDING

Break up a pint of stale bread after cutting away the crust. Pour over it a quart of boiling milk; add to this a piece of butter the size of an egg. Cover the dish tightly and let stand until cool, then with a spoon mash it until fine, add a teaspoonful of cinnamon, one nutmeg grated, half a cupful of sugar, and one-quarter teaspoonful of soda dissolved in a little hot water. Beat up four eggs very light and add last. Turn all into a well-buttered pudding dish and bake three-quarters of an hour. Serve it warm with hard sauce. This recipe may be steamed or boiled. Very nice either way.

SOUP STICKS

Cut stale bread into one to three inch slices, remove crusts, butter and brown in the oven.

TOAST

Cut stale bread into slices one-fourth inch thick. Put it on a toaster, move it gently over the heat until dry, then allow it to become a little brown by placing it nearer the heat and turning constantly. It may be first dried in the oven. Hot milk may be poured over dry toast.

ZWIEBACK

Cut baker's or other light bread into one-inch slices and brown in a moderate oven.

CREAM TOAST

One tablespoonful of butter, one tablespoonful of flour, half a teaspoonful of salt, one and one-half cupfuls of milk or cream. Four slices of toast. Heat the butter and when it bubbles add the flour and salt, then gradually the hot milk, stirring constantly and allowing the mixture to thicken each time. Pour this sauce over the slices of dry or moist toast. Moist toast is prepared by quickly dipping dry toast into hot salted water or hot milk.

Chicken Sandwiches.

Olives.

Strawberries and Cream.

Coffee.

PUDDINGS AND SAUCES

SAUCES

Cooked sauces should never boil hard, or be violently stirred while cooking.

ENGLISH PLUM PUDDING

Two cups of beef suet, two cups of chopped raisins, half a cup of sugar, one-half teaspoonful each of cinnamon and cloves, and a quarter of a nutmeg grated. Mix all together and chop fine; take two cups of water, thicken with flour enough to make a stiff batter; break in three eggs, beaten well. Butter the tin pudding boiler and boil three hours.

THANKSGIVING PUDDING

Two-thirds of a cupful of butter, one cupful of molasses, two cupfuls of milk, one teaspoonful of soda, four well beaten eggs, two pounds of raisins stoned and chopped, one pound of currants, a fourth of a pound of citron, a scant teaspoonful of salt, flour to make as stiff as a pound cake. Steam six hours. Serve with any sauce desired.

NEW ENGLAND BAKED INDIAN PUDDING

Boil one pint of milk, add one cupful of sifted Indian meal mixed with one cupful of cold milk; when scalded, remove from the fire, add half a cupful of molasses, two tablespoonfuls of brown sugar, half a teaspoonful of salt, one teaspoonful of ginger, a little

cinnamon and one egg well beaten. Stir until very smooth and then add a sprinkling of candied orange peel, raisins and currants. Put a layer of quartered apples in the bottom of the pudding mould, pour in the mixture and steam three hours. Serve with whipped cream sweetened with maple syrup.

SPONGE PUDDING

One pint of milk heated. Mix together one-fourth of a cup of sugar, one-half cup of flour with a little of the hot milk, and return to the double boiler. Cook until it thickens, then add one-fourth cup of butter and the yolks of five eggs. Pour in cups or pudding dish. Set in a pan of hot water and bake twenty-five minutes. Serve hot, with Creamy Sauce. Stir in whites beaten to a froth just before baking.

CARAMEL CUSTARD

One pint of milk, quarter of a cup of sugar, three eggs, one pinch of salt. Put the milk on to boil, reserving half a cup. Beat the eggs and add the cold milk to them. Stir the sugar in a small frying pan until it becomes liquid and just begins to smoke. Stir it into the boiling milk; then add the beaten eggs and cold milk, and stir constantly until the mixture begins to thicken. Set away to cool. Serve in glasses.

COCOANUT PUDDING

One cupful or less of grated cocoanut, one pint of new milk, one pint sweet cream, the whites of five eggs whipped light, one pinch of salt. Pour the mixture into a dish. Bake three-quarters of an hour, setting the dish in a pan of hot water.

Sauce—One cupful of sugar, one-fourth cupful of butter, one level teaspoonful of flour, one pinch of salt, a piece of yellow rind of lemon, two teaspoonfuls of lemon juice. Mix and pour over these ingredients a cupful of boiling water. Cook one minute.

RICE PUDDING

One cup of cooked rice, one quart of rich milk, half a cupful of sugar, butter the size of an egg, four tablespoonfuls of washed and seeded raisins. Stir well together, pour in a well buttered baking dish, beat the yolks of two eggs and pour gently over the pudding and grate one dusting of nutmeg over, and put in oven to bake. Bake one hour and a half in a moderate oven. When done add the whipped frosting of the whites of the eggs, spread gently over the pudding and put back in oven just a few minutes. Serve in baking dish.

RICE CUSTARD

Break up two cups of cold cooked rice and soak in one pint of hot milk until soft. Beat the yolks of two eggs, and two rounded tablespoonfuls of sugar, and when well mixed add the hot milk. Turn back into the double boiler and stir constantly until the egg is cooked and the custard smooth. Stir in one-fourth teaspoonful of salt. Turn into a dish for serving, and when slightly cooled spread one-half cupful of apple jelly or raspberry jam over the top. Beat the whites of the two eggs until stiff and dry, add two tablespoonfuls of powdered sugar and one tablespoonful of lemon juice and pile it lightly over the top. Put in the oven a few minutes to get a delicate brown. Serve cold.

FIG PUDDING

One pound of figs chopped fine, two cupfuls of bread crumbs, half a pound of suet chopped, two eggs beaten thoroughly, one cupful of milk, one cup of fine sugar; nutmeg to taste. Steam two hours.

Sauce. One tablespoonful of butter, one tablespoonful of flour, one-half cup of pulverized sugar, one cup of hot water. Season with lemon or wine.

STUFFED FIGS

Take nice large figs. Wash and soak them in warm water and gently press into their regular shape. Cut a slit in each fig and press in a teaspoonful of chopped English walnuts. Put a strip of muslin around each and catch with a few stitches to keep the nuts from boiling out. Put in a saucepan and cover with water and enough sugar to make a syrup. Boil gently until the figs are tender. Just before taking from the fire, put in a slice of lemon and stir it around three or four times and then take out. Cut off the muslin, put the figs in a glass dish, pour the syrup over them and set in a cool place. When cold serve with whipped cream piled around them.

PRUNE PUDDING

Stew one pound of prunes, drain off the juice, stone, and chop fine. Beat the whites of four eggs stiff and and add gradually one cupful of sugar, beating all the time, and then add the chopped prunes gradually. Beat thoroughly. Bake twenty minutes and serve cold with a custard made of the yolks of the eggs.

BAKED QUINCES FOR DESSERT

A delicious dessert is baked quinces with currant jelly and whipped cream. Cut a slice from blossom and stem end of each quince; put them in a dish with enough water to cover up to half the depth of the quinces. Cover the fruit with another dish and bake in a moderate oven until the quinces are quite soft; then stand them in a cool place. When ready to serve, put them in a glass dish. As soon as the quinces are out of the dish pour a little more water in, add enough sugar to sweeten well, boil the whole to a syrup and pour it over the quinces; then, when ready to serve, put a teaspoonful of currant or plum jelly on top of each quince and surround with whipped cream.

PEACH TAPIOCA

Wash a cupful of tapioca through several waters and let soak over night. In the morning put it in a sauce-pan with a pint of boiling water and set on the stove to simmer until the tapioca is clear. Pare half a dozen peaches and cut into quarters, stir into the tapioca with half a cupful of sugar. Take from the fire, turn into a deep dish and stand aside to cool. Serve very cold with cream.

STEAMED APPLE PUDDING

Line a mould with slices of bread and butter, put in a layer of stewed apples, then another layer of bread and butter, and so continue until the mould is filled. Beat two eggs, add one pint of milk, pour over bread and apples. Steam one hour and serve with liquid sauce.

APPLE LOAF

Take sufficient good light bread dough for a loaf, knead well into it a piece of butter or lard the size of an egg, one cupful finely chopped apple, one-half teaspoonful each cinnamon and nutmeg, and two tablespoonfuls sugar. Let rise till light and bake in moderate oven for 45 minutes. Take out, rub well with butter, sprinkle with white sugar and cinnamon, let set in oven for 10 minutes, then set away to cool and eat with coffee for breakfast.

APPLE LOAF WITH OATMEAL

Pare and slice several apples. Place a layer in a well greased baking dish, then a layer of well cooked twenty minutes. Serve with milk or cream and sugar. oatmeal, until all is used. Place in oven and bake

BAKED APPLE

Remove the core, stand it in a granite pan, add a little water and (if apples are sour) a few spoonfuls

of sugar. Bake in a quick oven, basting frequently. We like them if a little cinnamon be sprinkled over them before baking. If desired, one-half cupful whipped cream may be added after they are cool.

STEAMED APPLE

Remove the core and steam continuously till tender.

BAKED APPLE SAUCE

Place a layer of sliced apple in a baking dish with a sprinkling of sugar, then another layer, till the dish is filled. Bake twenty minutes.

FRIED APPLE

Pare and core apples, keeping them whole. Cut into slices crosswise, sprinkle with sugar, cinnamon or a little lemon juice, set aside for a few minutes, then dip each piece in batter, slide into hot fat, fry on one side, turn and fry on the other.

OLD-FASHIONED BROWN BETTY

Pare and cut apples into slices. Put in a baking dish, with layers of bread crumbs and a sprinkling of sugar and cinnamon between apples. Have the top layer crumbs, with cinnamon dusted over the top. Place in oven, cover for fifteen minutes, then bake twenty minutes longer. Serve with cream.

APPLE PONE

Pare and chop finely one quart sweet apples. Pour a pint of boiling water into a quart of white corn meal. When cooked, add one pint sweet milk, stir in the apples, turn the mixture into a greased shallow pan, cover and bake in moderate oven for at least two hours. This same recipe may be turned into a mould and steamed three hours and used as a pudding.

TURNOVER

Put one pint flour into a bowl, add one-half teaspoonful of salt, two level teaspoonfuls baking powder, mix thoroughly. Then rub into the mixture one tablespoonful butter, and add sufficient milk to make a dough. Roll into a sheet half an inch thick, cut with biscuit cutter, put two tablespoonfuls of stewed apples on one-half the dough, fold over the other half, pinch the edges together, place in baking pan, brush with milk and bake for twenty minutes.

STEWED APPLE DUMPLINGS

Pare, core and quarter four good-sized apples, put them into a stewpan, add four tablespoonfuls sugar, cover the pan, let stew. While they are stewing, make dough as for turnover, cut into small circles, place closely over top of apple, cover saucepan and stew slowly fifteen minutes without lifting the lid. Dish apples around the edge of the platter and put sauce in center.

BAKED APPLE DUMPLINGS

Cut a short pie crust into five or six inch squares. In the center of each place a pared and neatly cored apple, filling the space with sugar and cinnamon if liked, also a clove. After wetting the edges of the pastry with white of egg, fold it over the apple, pinch and flute them to look well, and encase the apple completely. Bake from thirty to forty minutes, toward the last brushing the top with the white of egg and dusting with a little sugar. Serve with hard sauce.

STEAMED APPLE DUMPLINGS

Using a soft biscuit dough, proceed as before, wrapping each dumpling finally in cheesecloth. Cook the dumpling in rapidly boiling water for one hour, re-

move the cheesecloth and serve with hard sauce. Other fruit such as peaches and apricots may be used in the same way.

PUFFS

Three eggs well beaten, one tablespoonful of flour, one pint of sweet milk. Bake in cups in a quick oven. Serve with sauce.

DATE PUFFS

One egg and half a cupful of sugar, two tablespoonfuls of butter, two tablespoonfuls of milk, half a teaspoonful of baking powder, flour enough to make a thin batter, stone and cut in half one teacupful of dates, dredge and stir into the batter, half fill small earthen cups and steam twenty-five minutes. Serve with rich cream.

MACAROON DAINTY

Take as many wine glasses as you have people; half fill each one with powdered macaroons, cover that with grape jelly, and on top of that put a heaping tablespoonful of whipped cream.

APPLE SAUCE

Pare, quarter, and core five apples, put them in a sauce pan, pour over them one cup of boiling water and seven tablespoonfuls of sugar. Cover closely and cook three-quarters of an hour. Be careful not to burn, and do not stir them. Serve hot with a few slices of lemon on top.

CRANBERRY SAUCE

Pick over carefully and wash two cupfuls and a half of fine cranberries. Put them in a sauce pan, pour over a heaping cup of sugar, and a cup and a half of boiling water. Cover and cook slowly one hour.

HARD SAUCE (No. 1)

Cream half a cup of butter, add one cup of very light brown sugar, beat ten minutes, then add the juice of one lemon and the grated rind of half a lemon, and beat five minutes more.

HARD SAUCE (No. 2)

Beat until white and of the consistency of thick cream one cupful of pulverized sugar and half a cupful of butter; add the whipped whites of two eggs and beat for a few minutes longer. Flavor with one tablespoonful each of brandy and extract of nutmeg. Smooth into shape with a broad knife dipped in cold water. Stamp with a wooden mould and place on ice until needed.

MILK SAUCE

One cupful of sugar, one beaten egg and one tablespoonful of butter; pour over one cup of scalded milk. Put on the stove and scald again. Flavor to taste.

CREAMY SAUCE

One-fourth cup of butter, creamed with one-half cup of powdered sugar, beat light, add two tablespoonfuls of sherry wine and two of cream, add alternately a few drops at a time.

SAUCE FOR BOILED RICE

Beat the whites of three eggs with two heaping tablespoonfuls of sugar; add one teacup of rich cream and the juice and peel of two lemons.

FOAMING SAUCE

Dissolve a teacupful of sugar in a little water; bring to a boil, stir in a glassful of wine, then the beaten whites of three eggs. Serve without delay.

FOAM SAUCE

Take a half cup of white sugar, one-fourth of a cup of butter, one tablespoonful of corn starch; mix together and beat to a cream. Set upon the stove and add boiling water until it is of the right consistency. Flavor with lemon or anything preferred.

CREAM SAUCE

To the whipped white of an egg add the beaten yolk; then stir in, gradually, one cupful of powdered sugar; add half a cupful of cream, diluted with one-third of a cupful of milk and flavored with rose or vanilla.

WHIPPED CREAM SAUCE

To a pint of thick sweet cream, whipped until foamy, add the beaten whites of two eggs. Sweeten and flavor to taste. Serve very cold.

SOUR CREAM SAUCE

Beat hard and long one pint of sour cream, the juice and rind of one lemon and sugar to taste.

CUSTARD SAUCE

Heat one pint of milk to boiling; beat together two eggs and one cupful of sugar and stir into the hot milk. Shake the saucepan gently until the mixture thickens; remove from the fire, flavor to taste and serve hot.

RASPBERRY SAUCE

One-third of a cup of sugar, half a pint of raspberries, half a tablespoonful of melted butter, half a cupful of hot water. Boil all together slowly, removing the scum as fast as it rises; then strain through a sieve. This is very nice served with bread or rice puddings.

FRUIT SAUCE

Bring slowly to a boil one cupful of hot water, two-thirds of a cupful of sugar, one tablespoonful of butter and one pint of fruit syrup. Skim, strain and serve hot with fruit roll or fruit dumplings.

SAUCE AUX QUATRE FRUITS

Pare a very thin rind from one lemon and one orange; then remove the thick white skin, cutting close to the pulp. Cut fruit into small dice. Pare, core and dice two sour apples. Put all into a saucepan, add the orange and lemon rind, shredded, and one cupful of seedless raisins. Add a little water and simmer while the following mixture is prepared: Stir into half a pint of boiling water half a teaspoonful of corn starch wet with a little cold water; add one cupful of sugar and cook slowly for fifteen minutes. Strain, add one-half cupful of white wine and the fruit mixture. Flavor with one teaspoonful of extract of almonds. Serve hot.

PLUM PUDDING SAUCE

Pour two cupfuls of water over four cupfuls of sugar; throw in a few cloves and several blades of mace tied in a muslin bag, also the thin rind of two lemons. Simmer for four or five hours, or until of a rich golden color, a shade darker than honey. Take from the fire, remove spices and lemon rind, add a cupful of sherry, and, if desired, half a cupful of brandy. Reheat a portion of the sauce as needed, adding a lump of butter and a little more wine. This sauce will keep all winter.

WINE SAUCE FOR PLUM PUDDING

Cream one heaping tablespoonful of butter, and one cup of brown sugar until foamy. Add one heaping

tablespoonful of flour, beat and stir in slowly one cup of boiling water, half a teaspoonful of salt. Boil and stir constantly ten minutes, then add one wine glass of brandy. Serve in a sauce boat.

WINE SAUCE

Melt one tablespoonful of grape jelly, add two tablespoonfuls of sherry wine, and four drops of lemon juice. Serve hot.

CHOCOLATE SAUCE

One cup of milk, two ounces of grated chocolate, boil five minutes, and pour on the yolks of two eggs beaten with half a cup of sugar, half a cup of rich cream, strain, return to the fire, and stir till thick as honey, flavor with vanilla.

RICE JELLY

Wash a cupful of rice and soak it for two hours in a cupful of water. Have ready on the range a quart of boiling water and turn the rice and the water in which it was soaked into this. Boil for three-quarters of an hour, then strain through a muslin bag. When cold and thick serve with powdered sugar and cream. It is very nice and nourishing.

TAPIOCA JELLY

Soak a half cup of tapioca over night in a cup of cold water. Put into a double boiler a pint of boiling water and dissolve in this a tablespoonful of granulated sugar. Now turn in the soaked tapioca and cook until clear. Remove from the fire and add two teaspoonfuls of lemon juice. Have ready two jelly glasses wet with cold water and turn the liquid jelly into these. Set in a cold place to form. Serve very cold with sweetened cream.

DISHES PREPARED WITH GELATINE

General Rules

If possible, soak gelatine in cold water until it is softened; the boiling water then dissolves it. It should be covered with a cloth while soaking. If gelatine must be softened quickly, pour cold water over the gelatine and heat over boiling water until it is dissolved. If jellies are to be moulded, the moulds should be first wet with cold water. Jellies should be placed near the ice to harden, but may be hardened quickly by surrounding with ice water.

PLYMOUTH ROCK SALAD

Select three large juicy oranges, cut two of them into little squares, one apple chopped fine, three tablespoonfuls of finely chopped almonds. Mix well together and put into moulds. Soak half a box of Plymouth Rock gelatine in one cup of orange juice and half a cupful of cold water, and half a cupful of sugar 20 minutes. Add half a cup of boiling water to dissolve it, then strain through a cheese cloth and pour into the moulds. Set on ice to harden. Serve in orange cups with two teaspoonfuls of mayonnaise dressing, on a salad plate decorated with a large lettuce leaf. Make the day before or early in the morning of the day it is to be served. This salad will keep for days if moulded in granite muffin tins and kept in a cool place, or on ice. which is much better.

There is no gelatine on the market that comes up to the Plymouth Rock gelatine, and I have tried them all. Plymouth Rock is so perfectly clear, does not have to be strained, and it takes only a little time to dissolve. I could not keep house without it.

Amelie Langdon.

LEMON JELLY

One package gelatine, one-fourth cupful of cold water, two cupfuls of boilng water, one cupful of sugar, one-half cupful of lemon juice. Soak the gelatine in cold water, add boiling water, sugar, and juice. Strain and put in cold place or on ice to harden.

ORANGE JELLY

One package gelatine, one-fourth cupful cold water, one-half cupful boiling water, one cupful of sugar, one cupful orange juice, three teaspoonfuls lemon juice. Soak the gelatine in cold water, add the boiling water, sugar and juice, strain, and put on ice to harden.

COFFEE JELLY

One package gelatine, one-fourth cupful of cold water, three cupfuls of coffee, one-half cupful of sugar. Soak the gelatine in cold water, add the boiling coffee, and sugar. Strain, set on ice to harden.

WINE JELLY

One package gelatine, one-fourth cupful of cold water, two cupfuls of boiling water, one cupful of sugar, three tablespoonfuls of lemon juice, one cupful of wine. Soak the gelatine in cold water, add the boiling water, sugar and lemon juice. When slightly cooled add the wine, strain, and set on ice to harden.

CREAM PUDDING

Soak one-half box of gelatine in one-half pint cold water ten minutes. Scald one pint of milk and add the gelatine and one cupful sugar. Beat the yolks of three eggs, stir into the milk and cook three minutes. When cool add one pint whipped cream and vanilla to taste. Turn into a mould and put on ice to harden. Serve with whipped cream.

CHEESE DAINTIES

CHEESE SOUFFLE

Two tablespoons butter, one large tablespoon flour, one-half cup milk, one cup grated cheese, three eggs and one-half teaspoon salt, tiny dash of cayenne; put butter into a sauce pan and when melted but not browned add flour and stir smooth, add milk and seasoning and cook two minutes; add the beaten yolks and cheese; and then set away to cool; when cold add whites beaten stiff; turn into a buttered baking dish; bake twenty-five minutes and serve immediately.

HOT CHEESE BALL

Whites of two eggs beaten to a stiff froth (very stiff), one-half cup of grated dairy cheese, two drops of Worcestershire sauce; make into balls the size of an English walnut, and drop into hot lard, brown and serve at once.

COLD CHEESE BALLS

Put some dairy cheese through a meat chopper, using a fine cutter; to each cup of cheese add one-fourth teaspoon salt, season to taste with paprika or cayenne and add enough rich cream, olive oil, or creamed butter; mould into balls; English walnut meats or hickory nut meats can be added; put away to chill thoroughly. To serve with salad.

CHEESE BALLS WITH TOMATO SAUCE

Mix together two cups of grated cheese, a quarter of a teaspoon of salt, a few grains of cayenne pepper

and one cup of bread crumbs; then add two eggs beaten stiff, shape into small balls, roll in crushed cracker crumbs and fry in deep fat; serve on triangles of buttered toast and pour over them a tomato sauce.

CHEESE PATTIES

Chop very finely one pound of cheese and beat thoroughly into it, one at a time, three eggs and a tablespoon of cream. Season with pepper, salt and a little celery salt, butter small individual molds, fill with the cheese mixture and bake standing in hot water for twenty minutes or until firm. Turn from the molds and serve with a vegetable salad.

CHEESE CUTLETS

Put a pint of milk in a double boiler, add half a cup of cornstarch moistened with a little cold water, and cook fifteen minutes, remove from the fire and stir in half cup of melted butter the beaten whites of two eggs, one saltspoon of salt and one cup of grated Parmesan cheese; when thoroughly blended, pour into a buttered pan to cool. Then cut into squares, sprinkle with cheese and chopped parsley and reheat; serve with celery and potato chips.

CHEESE RELISH

To eat with thin slices of bread and butter. Soak a cup of dry bread crumbs in a pint of cold milk. Beat into the three eggs one tablespoonful of butter and half a pound of grated cheese. Put into a baking dish and strew the top with bread crumbs and bake in the oven until a delicate brown and of custard like consistency. Do not have the oven too hot.

CHEESE OMELET

Butter pieces of bread and lay in a baking dish, grate cheese over bread and continue till dish is full,

pour over all a custard made of two eggs, one pint of milk, one pinch of salt; bake half an hour.

ESCALLOPED CHEESE

Soak till soft one cup bread crumbs in milk enough to cover, one cup grated cheese or more, three eggs, well beaten, butter size of an egg, melted, mix crumbs, eggs and the cheese with the butter, and pour into buttered baking dish; grate crumbs thickly over the top and bake an hour in rather hot oven, but not hot enough to separate eggs and milk.

NUT DAINTIES

SALTED ALMONDS

Shell one pound of Jordan almonds, cover them with boiling water, and let them stand a few minutes until the brown skin will easily rub off. When the skins have been carefully removed from the almonds put them in a pan, dust lightly with fine salt and shake carefully in a moderate oven until they are crisp and slightly browned. Do not use fat or oil of any kind, as it destroys the delicate flavor of the almond. Sugar almonds are dusted with fine sugar and roasted in the same way.

BOILED CHESTNUTS

To eat chestnuts as a relish, or for Hallowe'en or gala days throw them into a kettle of boiling water and add one teaspoonful of salt for each pint of chestnuts. Boil rapidly for twenty minutes. Drain in a colander, and serve smoking hot.

CREAM CHESTNUTS

Cream chestnuts can take the place of potatoes by removing the shell and the brown skin underneath. Throw the chestnuts into boiling water, and boil rapidly for twenty minutes or until they are perfectly tender; drain; season lightly with salt and shake them over the fire until they are dry and mealy. Serve plain or with a cream sauce.

ROASTED CHESTNUTS

Make a cross through the shell on the flat side of the chestnut. Put them into a baking pan and shake

constantly over the hot fire, until the shells split, which will take about twenty minutes. Serve hot. Chestnuts become heavy if they stand too long after cooking.

CHESTNUT CAKES

Boil one quart of chestnuts. When done open the shells and scoop out the inside, and add a half teaspoonful of salt, a half cupful of milk and two eggs well beaten. Mix thoroughly and then stir in six tablespoonfuls of pastry flour. Drop by spoonfuls on a lightly greased griddle. When brown on one side, turn and brown on other, cooking slowly. These cakes are very wholesome.

USES OF NUTS

Chopped almonds, pecan-nuts, English walnuts, pine nuts may be sprinkled over lettuce and covered with a French dressing for a dinner salad. Pine nuts may be stuffed with boned meats instead of the usual stuffing, and they can also be dusted slightly with salt and served in place of almonds or salted peanuts. The best filbert nut comes from England and is called the *corylus grandus*, and is very delicious, served with brown bread and butter, lettuce or fruit salad. All nuts form a suitable substitute for meat. Nuts are being used more in cooking than ever before, and no dinner seems perfect without the serving of some kind of roasted nuts.

SUPERBA CHESTNUT SAUCE

This delicious sauce can be served with chicken, and a variety of dishes. Shell and blanch half a pound of chestnuts, cook them in slightly salted water, just enough to cover them; let cook forty minutes, when tender, strain and mash. Add to the mashed nuts one pint of rich sweet milk, a very scant teaspoonful of celery salt, a pinch of salt and pepper, a

piece of butter the size of an English walnut, with the grated rind of one lemon; boil up once and then the sauce is ready for use.

CREAM OF CHESTNUT SOUP

Shell and blanch one pound of chestnuts, boil until tender in slightly salted water. When tender add to one pint of rich sweet milk seasoned with half a teaspoonful of celery salt, two teaspoonfuls of minced onion, half a teaspoonful of pepper, and the same of minced parsley. Cook for ten minutes. If desired, just before serving grate in half of a lemon rind, and add a half cup of whipped cream.

SALAD SUPERBA

Lay your platter thickly with crisp lettuce leaves, over these sprinkle lightly a layer of water cress, and the same of nuts, next cut into one-half inch cubes the choicest portions of a ripe watermelon, and arrange these closely on top, pouring over all the following dressing: Beat the yolks of two eggs light, add two tablespoonfuls of lemon juice, one teaspoonful of salt, and a little pepper, cook in double boiler until it thickens, then set aside to cool. When quite cold, stir in one cupful of whipped sweet cream and a tablespoonful of chopped olives. This salad is certainly worthy of its name.

COMPANY NESSELRODE PUDDING

One pint of blanched almonds, one pint of blanched chestnuts, one pint of grated pineapple, half a pound of candied fruit (figs and dates may be substituted), one pint of cream, yolks of ten eggs, one tablespoonful of lemon, grape juice or vanilla flavoring, one pint of water, the same of sugar. Blanch and then boil your chestnuts for half an hour, put them through the nut mill, together with your almonds. Boil wa-

ter, sugar, and pineapple together for twenty minutes, then stir into this your beaten eggs, stir until it thickens, then remove from the fire, set inside a basin of cold water and beat for ten minutes. Finally add your nuts and chopped fruit, and freeze in your ice cream freezer. This delicious pudding can be decreased but it is best to serve for company only, and on gala days. The vegetarians claim this their favorite pudding.

WALNUT DAINTY

Wash two large bright red apples and core them. Chop one teacupful of English walnut meats fine; mix with sugar, and fill the apples with the nut meats. Set in a baking dish; pour one cupful of hot water round the apples, and bake till done but not broken. Take out of the oven when done and be careful not to break the apples when removing them from the dish onto a serving plate. Add to the syrup in the baking dish a half teaspoonful of butter, a pinch of salt, and a few gratings of nut meg or cinnamon, stir till well mixed and hot. Pour this around the apples and dust them on top with powdered sugar.

ROYAL NUT MACARONI

Boil half a pound of macaroni in slightly salted water till tender, then drain in a colander, then mince in chopping dish but not too finely. Line the buttered baking dish with grated triscuit, then a layer of minced hickory nuts, then a layer of macaroni; repeat this until the dish is filled. It takes half a pound of hickory nuts. To half a pint of cream add a tiny pinch of cayenne, a pinch of salt, half a teaspoonful of butter, boil up and pour over the macaroni and place in a moderate oven and bake till it is slightly browned on top. Serve hot.

SALADS

SALAD SUGGESTIONS

Salads may be served in summer for the morning meal, when appetites are fitful. If so, make it as simple as possible, using the most tender and crisp leaves of salad plants or subacid fruits, with simple French dressing. This may apply to a dinner, a mid-day luncheon. If so, it should be made of more nourishing materials, meat or fish, or meat and vegetables or fruits and nuts.

PLYMOUTH ROCK TOMATO SALAD

This is a most delicious salad, as well as a very attractive one.

Select a can of the best brand tomatoes. Take the juice and in it soak half a box of Plymouth Rock gelatine for twenty minutes, then pour in two cups of boiling water to dissolve it and one cup of sugar. Select from the can two solid tomatoes, put into the mould; slice very thinly half a green pepper and a little parsley. Pour over the gelatine and set on ice till ready for serving. Serve on a salad plate garnished with large lettuce leaves or parsley and three bright red radish roses. On top of the salad put two teaspoonfuls of mayonnaise dressing. This salad should be made the day before it is to be served.

I find the muffin tins make the best moulds for individual use, as it always makes an attractive and appetizing looking salad.

TOMATO SALAD (No. 1)

Take two firm, ripe tomatoes and pare without scalding, with a sharp knife. Take out part of the core, and put them on a bed of lettuce leaves. Fill the hollow with the dressing; put in the ice box fifteen minutes before serving.

TOMATO SALAD (No. 2)

Select two tomatoes of similar size, plunge into boiling water. Remove and cut out a circular piece around the stem end of each. Remove the skin, and set aside on ice to chill. When ready to serve, dispose each tomato on a lettuce leaf seasoned with French dressing. Fill each cavity with a spoonful of finely chopped nut meats and fruit and mayonnaise dressing, with a large candied cherry on top.

TOMATO SALAD WITH NUTS

Select medium-sized red tomatoes, place them on lettuce leaves on bread and butter plates. Scoop out the stem end of the tomato until a small cup is formed. Just before serving fill it with roasted peanuts and pour over the nuts and tomato a salad dressing made in the following way:

Dressing.—One teaspoonful of salt, one teaspoonful of mustard, three tablespoonfuls of sugar, yolks of two eggs, eight tablespoonfuls of sweet cream. Mix well together, then add two-thirds of a cupful of vinegar and cook over boiling water until done, stirring all the time. Do not beat the yolks, but stir with the mustard, sugar and cream. The salad should not be put together until just before serving, as it spoils the flavor. Properly made, it is one of the prettiest salads imaginable.

TOMATO AND CUCUMBER SALAD

For this salad have ready a head of lettuce, four medium-sized tomatoes and two cucumbers. Pull the let-

tuce leaves apart and arrange them in a salad dish. Peel the tomatoes, slice them in thin slices and place them on the lettuce leaves. Sprinkle with salt and pepper. Now peel and slice the cucumber and arrange the slices in the form of a pyramid upon the slices of tomato. Peel the other cucumber and lay thin slices of it around the edge of the tomato for a garnish. Sprinkle with salt and pepper and pour over it any preferred dressing. Scatter chopped parsley over the top.

TOMATO AND SHRIMP SALAD

Peel large, smooth tomatoes and cut in half and scoop out the seeds, leaving only the shell, take a can of shrimps and drain them properly and set on ice till thoroughly cooled; the tomatoes the same; mix the shrimps and mayonnaise dressing and fill the shells; place each on a crisp lettuce leaf and serve with more of the dressing.

A DELICIOUS SALAD

Every woman wants a dainty dish at her finger ends to help along the meal when guests arrive unexpectedly, or the palate craves something especially delicious. A salad newly designed by a New York chef, is a dish fit to set before a queen.

There are salads and salads, but if you have not tasted tomatoes prepared after the latest plan and served with walnuts, you have not realized the full possibilities of the salad dish. Here is the scheme:

Take ripe, but firm, tomatoes. Pour hot water upon them to loosen the skins. Remove them and peel carefully. Now cut them in small squares and press through a sieve. Put them in the ice chest and freeze. Shell some English walnuts, being careful to remove every trace of hard substance or husk. Mash these, folded in a clean cloth, with a rolling pin.

When the tomatoes are thoroughly frozen, serve them

on crisp white lettuce leaves—having individual dishes, of course—and cover with mayonnaise. Over each dish sprinkle a thimbleful of the crushed walnuts.

APPLE SALAD (No. 1)

Line a salad bowl with watercress; cut into neat dice half to three-quarters of a pound of cold veal or lean fresh pork, add to the cress; also add two raw tart apples cut small, season with salt and pepper, a teaspoonful of chopped pickle and a tablespoonful each of oil and vinegar. Mix and cover with a mask of salad dressing.

APPLE SALAD (No. 2)

Chop fine a large juicy apple. Add four stalks of crisp white celery chopped fine, a pinch of salt and one of mustard and pepper. Stir and cover closely. Put in a cool place for twenty-five minutes. Before serving pour over the following dressing: Stir together the yolk of one egg, a pinch of salt, and one of sugar, a dusting of cayenne pepper, then add drop by drop two teaspoonfuls of olive oil.

APPLE NUT SALAD

Boil and peel some French chestnuts, cut in small pieces, mix with celery, and tart apples cut in slender strips. Pour over the salad a mayonnaise dressing. Serve on lettuce leaves.

WALDORF (APPLE AND CELERY SALAD)

Use bright red or green apples. Jonathans or Northern Spies are best. Cut the stem end off, saving it. Scoop out the apple pulp. Mix with one-third its bulk in chopped celery, and salad dressing number one, which has had cream added to it. Return this apple pulp and celery and dressing to the shell of apple. Replace the stem top. Serve the apple, very cold, on a lettuce leaf.

WATERCRESS AND APPLES

Prepare the watercress the same as lettuce, letting it become crisp in cold water, then drying it thoroughly. Mix it with mayonnaise salad dressing. A few thin slices of sour apple with watercress make a good salad to serve with ducks.

A chopped hard-boiled egg sprinkled over the top of water cress is a good garnish, and improves the salad.

WATER CRESS SALAD

Have equal quantities of cress, pepper grass, and sorrel. Serve with French dressing and garnish with nasturtium blossoms.

LETTUCE SALAD

Select tender, crisp head lettuce. Wash with care in cold water the inner leaves and lay in a clean dry towel to absorb the moisture. Serve with French dressing and accompany with radishes.

CELERY SALAD WITH NUTS

Use equal parts of celery and English walnuts and serve on lettuce leaves. When ready to serve pour over the following dressing: Yolks of two eggs beaten lightly, one-half teaspoonful each of mustard and salt, beating constantly, four tablespoonfuls of melted butter, six tablespoonfuls of vinegar; cook in a double kettle until it thickens. When removed from the fire add the well-beaten whites. Before serving add a cup of whipped cream.

A HANDSOME SUPPER SALAD

One cup of Malaga grapes, three bananas, three oranges, one cup of English walnut kernels, one bunch

of celery, one head of lettuce, mayonnaise dressing. This salad must be prepared by the housekeeper herself, as it is such a dainty dish that a hireling would be apt to slight it and make a failure of what might be otherwise a temptation to the most fastidious gourmet. The only tedious part of the operation is the skinning the grapes. This done, set them aside in a cold place while you make ready the other ingredients. Peel the oranges, remove the white inner skin, separate the fruit into lobes, each of which cut in half, and remove the seeds. Peel and slice the bananas, cut each nut kernel in half, and cut the celery into half-inch pieces. Line a salad bowl with lettuce. Mix carefully together the grapes, nuts, oranges, bananas and celery; heap them in the center of the bowl and pour the mayonnaise over them.

FRUIT SALAD

One orange, two bananas, four slices of chopped pineapple, one handful of Malaga grapes, half a dozen candied cherries chopped fine and one dozen English walnuts minced. Lay in a salad dish.

Dressing.—Stir together one teaspoonful of mustard, one of butter, a tiny pinch of salt and pepper. Heat two tablespoonfuls of vinegar, beat into this the yolk of two eggs; then add the above ingredients, cook until stiff and set aside till cold. Just before serving add one teacupful of whipped cream and pour over the fruit.

FRUIT SALAD WITH CHERRIES

Take a half cupful of water, and one cupful of sugar, add the juice of a lemon, liquor glass full of maraschino, half fill dainty glasses with stoned and sliced cherries, strawberries or bananas; pour over each glass a little syrup; mix an equal quantity syrup and lemon jelly and pour into glasses; this can also be moulded.

ORANGE SALAD

Use for this salad sour oranges; if these cannot be obtained, strain over sweet oranges after they are sliced a little lemon juice. Cut the oranges in thick slices, remove the seeds carefully, arrange them in rows, and turn over them salad dressing. Serve with game.

Grape fruit may be used the same way, and walnut meats used with either.

ORANGE AND WALNUT SALAD

Peel four oranges, stripping off all the inner white skin, and put them on ice for several hours before dividing them into lobes, and each lobe in three pieces. Crack twenty English walnuts, throw them into boiling water and let them lie there three minutes, drain, and skin them and break into small bits. Line a salad bowl with lettuce; arrange the oranges and nuts in alternate layers upon this, covering each layer with a good salad dressing. Serve at once.

STRAWBERRY SALAD

Choose the heart leaves of head lettuce, heap a few strawberries on each and dust them lightly with powdered sugar; lay a teaspoonful of mayonnaise on each portion and serve cut lemons with it; delicious for lunch.

GRAPE FRUIT SERVED IN LATEST CHIC

The delicious new way to serve grape fruit makes it doubly delightful eating. The old fashion of digging it out with a spoon was never graceful, and if a woman wore a pretty gown she was kept on the jump with anxiety. One little jogging, one unfortunate turn of the hand, and there was the villainous juice cavorting over everything.

With the new serving, the instrument isn't a spoon at all. It's a fork—an oyster fork, which cleverly lifts a plug of the fruit from the rind, and conveys it to the mouth without unlovely juiciness.

Oscar, chef of the Waldorf, has been giving away the secret of preparing it in this manner. His recipe is as follows:

Cut your fruit first in halves. Then with a sharp knife cut a circle around the core. Take the seeds out and the fibres, too, which join the sections together. Now cut away each section from the fibre which holds it in place. Lift each plug to see that it is entirely free.

Remove the skin from Malaga grapes, halve them and place these halves about the outer edge of each plug. The fruit is now to be laid away in the ice-chest until thoroughly chilled. It is served with a wreath of smilax or other dainty vine, the circle in the center being filled with shaved ice. A little diluted rum or wine sprinkled over it two hours before serving adds a delicious nuance of flavor.

EGG SALAD

Take the number of eggs required and boil just twenty minutes. When cold, shell and remove the whites carefully from the yolks; chop the whites, and leave the yolks whole. Serve on lettuce leaves with a boiled dressing, and small balls of cottage cheese.

MARGUERITE SALAD

Take just as many hard-boiled eggs as there are persons to be served. Remove the yolks and make them fine with a perforated spoon, add salt and pepper, a pinch of mustard and a little melted butter. Mix thoroughly. Lay a lettuce leaf on a salad plate and arrange the yolk on it for the center of the "Marguerite." Chop the whites and scatter around the edge. Pour over it a mayonnaise dressing.

BEAN SALAD

Put into a salad bowl half a dozen leaves of crisp lettuce, add a cupful each of baked beans and tongue, or ox palate, cut into dice, and two hard-boiled eggs cut not too fine; season with a teaspoonful of chopped parsley, salt, white pepper and two tablespoonfuls of vinegar; mix together, arrange neatly and mask with a top layer of salad dressing.

BEET AND CHEESE SALAD

Make cottage cheese into little balls, stick on either side half English walnut. Use the small strawberry beets that are put up in three-pound cans, slice, and you can easily cut them into heart shape. Use two cheese balls and three beet hearts on lettuce leaf. Keep on ice until just before time to serve, add French dressing just before serving. This is such a simple salad and so tasty that you will be sure to like it.

BEET AND SPANISH ONION SALAD

Cut into slices, then into strips, two baked beets, slice a medium-sized Spanish onion, and quarter and separate the sections. If convenient add as much table celery as you have onion, half a teaspoonful of capers or chopped pickles, salt and white pepper; mix, then over all add salad dressing.

POTATO SALAD

Pare three large cold boiled potatoes, and slice them. One small onion minced. One hard boiled egg sliced. Fill the salad bowl with alternate layers of potatoes and eggs, sprinkle each layer with salt, and add onion before pouring on the dressing, pour over the salad one-half cup of hot vinegar and garnish with celery. If preferred, lettuce dressing can take the place of the hot vinegar.

COLD POTATO SALAD

Chop cold boiled potatoes fine, with enough raw onions to season nicely; make a dressing as for lettuce salad, and pour over it.

HOT POTATO SALAD WITH BACON DRESSING

Take one-quarter of a pound of very fat bacon, freed from rind and bone, and cut in slices, then in dice. Put it in a frying pan and heat slowly until the fat is well drawn out and the dice golden brown. Skim out the bacon, add one tablespoonful of onion, cut fine—more if the onion flavor is liked—and cook slowly until colored. Add one-half as much vinegar as there is fat in the pan, a dash of Cayenne and one-half as much good stock as there is vinegar. Have ready about three cupfuls of freshly cooked, diced potato, which have been kept hot in a steamer; turn them into the frying pan and stir carefully through, that they may absorb the dressing evenly. Add the diced bacon and turn at once on a heated platter, garnishing with watercress.

GERMAN POTATO SALAD

Pare six or eight large potatoes, and boil till done, and slice thin while hot; peel and cut up three large onions into small bits and mix with the potatoes. Cut up some breakfast bacon into small bits, sufficient to fill a teacup and fry it a light brown; remove the meat, and into the grease stir three tablespoonfuls of vinegar, making a sour gravy, which with the bacon pour over the potato and onion; mix lightly. To be eaten when hot.

POTATO AND CUCUMBER SALAD

Arrange in a salad bowl layers of thinly sliced cold boiled potatoes, cucumbers, celery and hard-boiled

eggs. Reserve one egg to garnish the top. Pour over the vegetables a mixture of two tablespoonfuls of melted butter, half a tablespoonful of vinegar, half a saltspoonful of salt, a dash of pepper and a few drops of onion juice. Let it stand for an hour or two in a cold place, then pour over it a boiled dressing. Garnish with celery leaves.

CUCUMBER SALAD

The fresher the cucumbers are and the quicker they are served after being cut, the better; always have them as cold as possible. They need a good deal of seasoning, therefore add a little salt, pepper and salad dressing, slightly thinned out with vinegar. Mix, set in the ice-box ten minutes and serve.

For breakfast the cucumbers may be placed on a leaf bed of cress and garnished with a circle of crisp radishes.

CUCUMBER AND ONION SALAD

Pare cucumbers and lay in ice water one hour; do the same with onions in another bowl. Then slice them in the proportion of one onion to three large cucumbers; arrange in a salad bowl and season with vinegar, salt and pepper.

CUCUMBER SALAD TO SERVE WITH FISH

Peel the cucumbers, and place them in cold water to become crisp. Do not use salt in the water, as is sometimes recommended, as it wilts and makes them indigestible. Cut the cucumbers in two lengthwise, and lay them, with the flat side down, on the dish on which they are to be served. Slice them without destroying their shape, and pour on them salad dressing.

A SPRING SALAD

Pick over, trim, wash and cook one-half peck of spinach in the inner vessel of a double boiler until tender.

Drain it dry and chop it very fine. Season with salt, paprika, a dash of nutmeg, lemon juice and melted butter. Butter some cups and line them with the spinach, leaving a small round hole in the center. Fill this with cold boiled eggs, chopped and well seasoned. Pack the mixture in firmly. Put upon the ice and when very cold turn out upon crisp lettuce and serve with a good salad dressing.

VIRGINIA SALAD

Choose a large head of curly lettuce, open and press apart and remove with a sharp knife the inner leaves. Wash and let it serve as a case or mould from which to serve the following salad. Chop cabbage fine and mix with a cooked dressing made as follows: Mix until smooth, one tablespoonful of butter, one teaspoonful of flour, fifteen drops onion oil, one-half cup hot vinegar. Beat with wooden spoon, cook ten minutes. Pour on one egg beaten with one-half teaspoonful each salt, sugar, mustard, and a pinch of cayenne. Cook three minutes and cool. Thin at time of serving with one cup of thick sour cream.

SALMON SALAD

One small can of salmon, three bunches of celery chopped fine, and mixed with the salmon.

Dressing.—A small teaspoonful of mustard, two tablespoonfuls of vinegar, yolks of two eggs, salt and cayenne pepper to taste. Mix, and add to the salmon and celery. Serve in a salad dish garnished with lettuce.

CLAM SALAD

Boil two dozen medium clams in a pint of water ten minutes only; use the broth for a soup by whisking into it a half pint of warm milk containing a whisked egg; heat, but do not boil, and serve.

Chop the clams, not too fine, put them into a salad bowl with one-third each of potato and cold fish; lettuce or watercress may or may not be used. Cover with salad dressing. Hard-boiled eggs may be used if desired.

LOBSTER SALAD

Cut the boiled lobster into one-inch pieces or larger. Marinate it, and keep in a cool place until ready to serve; then mix with it lightly a little mayonnaise salad dressing. Place it in the salad bowl, smooth the top, leaving it high in the center. Mask it with a thick covering of salad dressing. Sprinkle over it the powdered coral of the lobster. Place on top the heart of a head of lettuce, and around the salad a thick border of crisp lettuce leaves, carefully selected.

Shad roe, canned salmon, or any firm, white fish, mixed with mayonnaise salad dressing, and garnished with lettuce, may be served as a salad.

OYSTER SALAD

Dip eight medium sized oysters in cracker crumbs, and fry a delicate brown in a teaspoonful of hot butter. Lay on a plate and set in ice box to cool, then cut them into half inch pieces and mix with seven tablespoonfuls of chopped crisp celery. Put into salad bowl and serve with the following dressing.

One-fourth of a cupful of sour whipped cream. Beat the yolk of one egg with a pinch of mustard, one of salt, and one of cayenne pepper and sugar. Add one tablespoonful of olive oil, then the whipped cream, and one tablespoonful of lemon juice. Pour over the salad and serve.

SHRIMP SALAD

When canned shrimps are used, they should be removed from the tin and thoroughly washed in cold water. Shrimps, tomatoes, hard-boiled eggs and wa-

tercress, with salad dressing, form a surprisingly good salad in warm weather.

CHEESE SALAD

Small cakes of cottage cheese. Serve in a bed of shredded lettuce. Cover with thick salad dressing and garnish with crescent olives.

BIRD'S NEST SALAD

An exceptionally pretty salad, looking almost too dainty to eat, was furnished lately by a cooking school pupil for her mother's dinner party. It was down in the menu as a "bird's nest salad," and the deprecatory remark offered by one of the invited guests that "it seemed almost like robbing a bird's nest," was most natural. The white heart leaves of lettuce were used to simulate the nests, several of them being curled about to make the little hollow. In each of these were placed five little speckled eggs made of cream cheese rolled into shape, then sprinkled with fine chopped parsley. The French dressing, which was "to animate the whole," in Sidney Smith's trenchant words, was cunningly hidden away under the leaves of the dainty nests.

NARRAGANSETT SALAD

Take equal parts of hickory nuts, walnuts and almonds, blanching the latter, and throwing the walnut meats for ten minutes in water in which onions are boiling. Add tiny bits of celery and pour over a good cream salad dressing. Put a bit of sweet whipped cream on top and garnish with round slices cut from a long radish. Do not peel, as the dainty pink rim adds much to the appearance.

CHICKEN SALAD

There is only one secret about this salad. Do not use tough, old fowl, nor use the meat too dry. When

possible let the fowl stand in the water in which it was cooked until cold; this will make it sufficiently moist. When cold roast poultry is used, cut it up and moisten slightly with chicken broth, or water containing a little vinegar, pepper and salt.

Mix equal quantities of cut-up chicken and celery with a few spoonfuls of salad dressing, arrange neatly in a bowl, and mask with more of the dressing. Decorate with eggs, olives and cucumber pickle. Use lettuce, watercress, chickory, wild chickweed, dandelion, or any other tender salad green when celery is scarce.

A NOVEL SALAD DISH

The hostess of today is like the Athenian, always striving after some new thing. Many have tried filling one side of an orange with whipped cream, and here is a pretty, inexpensive way to serve salad. Take large and long cucumbers, cut them once through the middle, lengthwise, scrape out the inside and one has a pretty individual green boat in which to serve the salad. This is particularly pretty with lobster or shrimp salad on account of the contrast in color. Of course just half as many cucumbers as guests are required, as one cucumber makes two boats.

MAYONNAISE DRESSING (No. 1)

Yolk of one egg. Beat and add half a teaspoonful of mustard dissolved in the juice of one lemon and a teaspoonful of vinegar, large pinch of salt and a dust of pepper. Pour in oil gradually until you have the desired amount.

COOKED MAYONNAISE DRESSING

Heat five tablespoonfuls of vinegar over boiling water. Beat two eggs until light with one tablespoonful of vinegar. In a bowl mix one-half cup of butter, one-

fourth cup of sugar. Add one tablespoonful of mustard, a pinch of salt, a dash of red pepper. To the heated mixture add eggs, stirring constantly until thick, then remove from the fire. If too thick, add a little cream. This will keep for days, if kept in a cool place or on ice.

BOILED DRESSING

To the beaten yolks of two eggs add a cupful of vinegar and cook over hot water until thick. Put in a bowl one tablespoonful of melted butter, one tablespoonful of sugar, one saltspoonful of salt, one teaspoonful of mustard and a pinch of cayenne. Mix thoroughly together and pour over the egg and vinegar. If put together in this way there will be no rank flavor as there often is in other dressings.

CREAM DRESSING (No. 1)

One level teaspoonful flour, one level tablespoonful sugar, one level teaspoonful salt, one-fourth teaspoonful white pepper, one speck red pepper, yolks of two eggs. Mix these together and pour over it seven tablespoonfuls of hot vinegar. Stir well until thick. Add one large tablespoonful of butter and when it is well mixed in, take the mixture from the fire. Cool quickly. this may be kept a week or two. When ready to use, mix it with one-third its bulk in rich cream, sweet or sour. Whip the cream.

CREAM DRESSING (No. 2)

Two tablespoonfuls of whipped sweet cream, two of sugar and four of vinegar; beat well and pour over the cabbage, previously cut very fine and seasoned with salt.

FRENCH SALAD DRESSING

Mix one saltspoonful of pepper with one of salt; add three tablespoonfuls of olive oil and one even table-

spoonful of onion scraped fine; then one tablespoonful of vinegar; when well mixed, pour the mixture over your salad and stir all till well mingled.

The merit of a salad is that it should be cool, fresh and crisp. For vegetables use only the delicate white stalks of celery, the small heart-leaves of lettuce, or tenderest stalks and leaves of the white cabbage. Keep the vegetable portions crisp and fresh until the time for serving, when add the meat. For chicken and fish salads use the mayonnaise dressing. For simple vegetable salads the French dressing is most appropriate, using onion rather than garlic.

SANDWICHES

Bread for sandwiches should not be more than twenty-four hours old, and cut thin, the crust should all be neatly cut away and the butter creamed and evenly spread. If nuts are used they should be chopped fine, salted and mixed with butter, or with enough cream salad dressing to moisten.

When preparing sandwiches for a large company it is sometimes necessary to make them several hours in advance of the serving. If a napkin is wrung out of hot water and wrapped around the sandwiches, which should then be placed in a cool room, they will keep as fresh and moist as though just spread.

LETTUCE SANDWICHES

Cut white bread in thin slices, cutting away all crusts. Place on a slice a fine tender lettuce leaf and spread with salad dressing; cover over with another slice and press gently together. Nasturtium leaves or flowers and a bit of mustard or the yolk of hard-boiled egg may be added if desired.

WATER CRESS SANDWICHES

Wash well some water cress and dry them in a clean white cloth, pressing out every bit of the moisture. Then mix, with the cress hard boiled eggs chopped fine, season with salt and pepper to taste. Cut thin slices of bread and cut away the crust. Cut the cress into small pieces, removing the stems. Place the cress between each slice of bread and butter, with a few drops of lemon juice on each. Press down the slices, and serve.

CELERY SANDWICHES

Chop fine three full-size stalks of celery; add to this enough salad dressing to make a thick paste; spread evenly over thin slices of white, graham, rye, or Boston brown bread; form sandwiches and cut these into squares or fingers.

CUCUMBER SANDWICHES

These are quite new. Slice medium sized cucumbers very thin, and let them stand in cold salt and water one-half hour, then drain off and pour over white wine, or tarragon vinegar, with a few drops of lemon juice, let stand one hour, lay the cucumber slices upon small rounds of brown bread, and spread with butter.

CHICKEN SANDWICHES.

Mince up fine half a cupful of boiled chicken, put it into a saucepan with gravy, or cream enough to soften it. Add a teaspoonful of butter, a tiny pinch of salt and one of pepper. Work it very smooth while it is heating until it looks almost like paste. Then spread it on a plate to cool. Spread it between slices of buttered bread and crisp lettuce leaves. Press both sides together.

TOASTED SANDWICHES

Use one part of chicken or veal and one part of cold tongue; to one cupful of meat when chopped add one tablespoonful of melted butter, one teaspoonful of essence of anchovy, one-half teaspoonful of lemon juice. Cut bread and butter it; toast each slice a delicate brown; spread with the above mixture while hot and put together. To be eaten cold.

PEANUT SANDWICHES

Pound peanuts to a paste in a mortar and season with salt and spread between thin slices of bread.

NUT SANDWICHES

Mix half a cupful of chopped nuts with one tablespoonful of mayonnaise and spread on thin slices of entire wheat bread trimmed and cut into fancy shapes. Almonds, English walnuts, or peanuts may be used separately or in combination, and chopped dates may be added to the nuts.

OLIVE SANDWICHES

This is a unique way of serving olives at teas and receptions. Cut the flesh from the stones of half a dozen queen olives, chop it fine, add to it a scant tablespoonful of salad dressing. Mix and spread on thin slices of buttered bread; form sandwiches and cut these into squares or fingers. Stuffed olives are very appetizing served this way.

RUSSIAN SANDWICHES

Cut bread into very thin slices, then into squares. After buttering, spread a layer of fresh Neuchatel cheese on each piece. Chop seeded olives very fine and mix with a mayonnaise dressing, then add a layer of this over the cheese. Press both sides of the sandwiches together. Serve on a plate garnished with lettuce leaves.

NUT SANDWICH WITH CHEESE

One-half cupful walnuts chopped fine, cream cheese enough worked with them to form a smooth paste. Soften the paste with cream until it will spread on thin slices of bread.

DELICIOUS SANDWICHES

Three ounces of cream cheese chopped fine, mix with one teaspoonful butter, one teaspoonful of anchovy,

add a few chopped nuts (pecans or walnuts), season to taste, salt and white pepper. Cut thin slices of white bread and remove the crust, spreading the above mixture between the slices; garnish with water cress.

CHEESE SANDWICHES

Grate dry cheese and sprinkle on buttered bread; add a very light sprinkling of cayenne pepper if desired.

HAM SANDWICHES

Mince fine three or four small slices of boiled ham, mix with mayonnaise dressing, chop two green pickles fine. Cut bread into very thin slices, butter, lay on a crisp lettuce leaf, and then put in the filling. Press both sides of the sandwiches together.

CLUB SANDWICHES

Lay between thin slices of hot buttered toast, a thin slice of boiled ham, then a slice of cold chicken and lastly a crisp lettuce leaf with mayonnaise dressing. Serve hot.

EGG SANDWICHES

Hard boil four eggs; be sure the eggs are nice and fresh. When cold, cut them into thin slices and lay them between very thin slices of bread and butter; season with salt and pepper, and a sprinkling of nutmeg.

OYSTER SANDWICHES

Chop fine half a teacupful of raw oysters; add salt and pepper to taste and a dash of cayenne pepper. Put in a saucepan with two teaspoonfuls of butter and three teaspoonfuls of bread-crumbs. Heat until steaming and then add half a teacupful of thick cream into which has been beaten the yolk of an egg. Stir until the mixture thickens. Remove from the fire and add five drops of

lemon juice. When cold, spread between buttered sandwich bread.

LOBSTER SANDWICHES

Mix the coral of the lobster with a little butter and spread on thin slices of wheat bread. Dust with a little paprika. Have half a cup of the lobster meat chopped rather fine and mix with one tablespoonful of mayonnaise. Put this between the buttered slices with a lettuce leaf on each side. Press the slices together. Serve on a small meat platter, garnished with lettuce and olives.

BANANA SANDWICHES

Select one large very ripe banana, peel and slice very thin and evenly. Sprinkle with one tablespoonful of lemon juice. Add a little honey to white cream cheese and spread on dainty rounds of bread instead of butter. Place a layer of the sliced bananas between the two slices. Preserved ginger and orange peel minced fine and mixed with a little sweet cream may be used for filling.

DILL SANDWICHES

Slice thin and spread with butter rye bread; on one-half of bread spread thin chips of cold chicken, or turkey, cover this with dill pickles, sliced very thin, then cover with the other slice of bread, and butter; press together; good for picnics and outings.

GRAHAM BREAD STRIPS

Take thin slices of graham bread and spread lightly with butter and then with prepared mustard, then grated cheese; press slices of bread firmly together, cut in inch-wide strips, brown in the oven. To be eaten with salads.

DAINTY SANDWICHES

A sandwich which enjoys great vogue at New York teas is easily made. Butter three slices of white bread and two of graham. Lay light then dark on top of one another alternately and press carefully together, then cut like layer cake in pieces half an inch wide.

BOSTON SANDWICHES

Cut thin slices of Boston brown bread, in rounds, or any odd shapes, spread them lightly with cream or Neufchatel cheese, take a corresponding number of slices and spread with olives and pimentos chopped and mixed with salad dressing; press the slices together with a leaf of crisp white lettuce between each sandwich.

TO MAKE BUTTERS FOR SANDWICHES

Rub the butter to a cream, blending any flavor desired, such as anchovy, caviare, sardine, lobster, cheese, parsley, cress, chives, horseradish, any of which may be used.

GARNISHES

For oysters, sardines, fish, roast veal or salads, lemon slices make a desirable garnish. For cold meats, chops and cutlet, parsley or celery tops.

For decorating fowl nothing better than watercress can be used. Balls made of boiled rice with jelly on each are attractive on a plate of cold meat.

In garnishing cold corned beef sliced gherkins and large pickles sliced make an attractive garnish. For game, cold tongue, fried oysters or roast veal, currant jelly is used as garnish.

For oysters, sardines, fish, roast veal or salads, lemon slices make a desirable garnish. For cold meats, chops, and cutlets, parsley, celery tops, or watercress, or sliced green peppers.

If you wish to serve peas as an entree, cut out with a cookie cutter a round of bread from an ordinary sized slice of bread, then two rings with a doughnut cutter. Dip them in melted butter and toast delicately brown in the oven. Fill the cavities with peas cooked in a delicate cream sauce.

For salads and jelly, orange cups, and oranges cut in the shape of daisies make a pretty garnish.

A pretty garnish for a dish of hash or fish or salad, is eggs. Boil the eggs just hard enough to make them shell easily, which takes about eight minutes of hard boiling. Serve whole and hot.

Never under any circumstances serve a heavy soup at a luncheon.

For poached eggs, cut the bread into rounds with a large cake cutter before toasting. For small birds or asparagus, remove the crusts and cut into oblong

pieces. For minces and fricassees, cut into small squares or diamonds. For a border, cut after toasting, into inch and a half squares and then into halves diagonally, making triangles; or cut into long pointed triangles.

A DAINTY CENTERPIECE

Scoop the pulp from oranges, fill the hollowed skins with wine jelly, pile whipped cream on top. The orange pulp can be used for cake, pudding or salads.

CHEESE SHELLS

Don't throw away the shell of the Edam or Pineapple cheese. It is most sightly for serving a cheese or macaroni preparation. Cook the macaroni as desired for the cheese shell, heat in moderate oven, pour in food sprinkled with grated cheese and send to the table on a doily covered plate.

DECORATIONS

The luncheon table apart from the center piece and decorations should have as little as possible on it. At each place should be a plate and napkin with a dinner roll tucked in its fold, two knives, two forks, spoons, salt cellar, water glass, and if wines are served, one for sherry and one for claret.

FINGER BOWLS

Finger bowls filled with perfume and water and floating flower bottles were in use long before the coming of Christ. In the ceremonious course dinner of today the finger bowl makes its appearance twice. It is first presented after the salad.

BEVERAGES

For a family of two there is nothing equal to the Marion Harland coffee pot. The best way to clean a "Marion Harland" coffee pot is to use good hot water and soap suds. Never use strong alkali soaps or washing sodas, or powders, or sand. A careful cleaning each time after use, with good, hot, soapy water will keep your coffee pot in condition for years. Thoroughly scald and clean before using the first time. After using, the pot and filter must be thoroughly dry before the parts are again put together. It is a good plan to air and dry the parts by placing the filter and cover on the spout and handle. To keep the wire gauze filter from clogging or filling up, it is absolutely necessary that you use stiff brush for cleaning the wire gauze—a new tooth or nail brush answers admirably. New filters or covers can be purchased from your dealer, or will be sent by mail. Price for filters 35c., strainer for inside of filter 15c., cover 20c. When ordering give number stamped on bottom of pot.

Be careful in buying coffee not to get too much at a time, as it loses its flavor, no matter how well sealed. For the small family get half a pound of coffee and keep in an air tight glass jar.

Never put dry coffee into the coffee pot, it makes it very hard to keep clean inside. A little cold water should be poured in first, then the egg, and last the coffee, then mix all together thoroughly.

COFFEE

Mix two tablespoonfuls of ground coffee with a teaspoonful of raw egg and two tablespoonfuls of cold

water. Pour on this two cupfuls of boiling water, cover closely, and let it boil up; then remove from the fire. Let it stand a few minutes to settle, then strain into a hot coffee pot through a damp cheese cloth laid on a wire strainer.

FILTERED COFFEE

Place in the "Marion Harland" filter one tablespoonful of fine ground coffee for each large cup of coffee infusion you wish to make.

Place the strainer in position. Pour the required quantity of fresh boiling water into the filter. Set the pot on the fire to keep the water hot, but not to boil. The beverage will be ready in ten or fifteen minutes.

FRENCH AFTER DINNER COFFEE

To make one pint of this infusion, take four tablespoonfuls of ground coffee, previously warmed, and make the coffee as per directions. When ready pour the coffee into small cups, and serve with sugar only. It is very exhilarating.

French coffee differs from English breakfast coffee only in that it is twice as strong.

To many Americans, French coffee will appear bitter. This is on account of its strength.

BURNT COFFEE

This coffee should be served in small cups, and be made as strong and clear as possible, and sweetened almost to a syrup. At the last moment a little brandy should be poured gently over it on a spoon, fire set to it, and when the spirit is partly consumed, the flame is blown out, and the coffee drunk quite hot. Allow a cupful for each person.

A DELIGHTFUL BEVERAGE FOR A HOT SUMMER DAY

Make an infusion of very strong coffee, put it in an earthen bowl, sweeten it agreeably to your taste, and add to it an equal quantity of boiled milk, or a third of rich cream. Surround the bowl with broken ice, and let it stand till icy cold.

COFFEE CREAM

Make a large cupful of strong, clear coffee, add half a pint of boiling cream to it, beat them well together, sweeten with two tablespoonfuls of sugar, and when cool add a small pinch of salt, the well-beaten yolks of six eggs and the whites of two. Stir the mixture over the fire for a few minutes to thicken it, pour into glasses, and serve with a little sifted sugar on the top of each glass. This is sufficient for six or eight persons.

ENGLISH BREAKFAST COFFEE

Take freshly roasted berries, grind them at the last moment, and make the powder hot in the oven. To make six large sized cups of strong coffee, measure into the filter cup one cup of ground coffee, pour on the boiling water, and set by the fire. The beverage will be ready to serve in about fifteen minutes

TO MAKE TEA

Allow two teaspoonfuls of tea to one large cupful of boiling water. Scald the teapot, put in the tea, pour on about a cupful of boiling water, set it on the fire in a warm place where it will not boil, but keep very hot, to almost boiling; let it steep or "draw" ten or twelve minutes. Now fill up with as much boiling wa-

ter as is required. Send hot to the table. It is better to use a china or porcelain teapot, but if you do use metal let it be tin, new, bright and clean; never use it when the tin is worn off and the iron exposed. If you do you are drinking tea-ate of iron.

To make tea to perfection, boiling water must be poured on the leaves directly it boils. Water which has been boiling more than five minutes, or which has previously boiled, should on no account be used. If the water does not boil, or if it be allowed to overboil, the leaves of the tea will be only half-opened and the tea itself will be quite spoiled. The water should be allowed to remain on the leaves from ten to fifteen minutes.

COLD TEA

Three tablespoonfuls of tea, six tablespoonfuls of sugar, one pint of water, juice of one lemon and a half. Let the tea stand in water over night. In the morning strain and add the lemon juice and sugar. After it has again stood an hour, strain again and the tea is ready for the cracked ice. Serve in small soda glasses.

COCOA

Three tablespoonfuls of cocoa to a half pint of water, as much milk as water, sugar to taste. Rub the cocoa smooth in a little cold water; have ready on the fire half a pint of boiling water; stir in grated cocoa paste. Boil fifteen minutes, add the milk and boil five minutes more, stirring often. Sweeten in cups so as to suit different tastes.

LEMON SYRUP

Take the juice of six lemons; grate the rind of three in it, let it stand over night. Then take three pounds of white sugar and make a thick syrup. When it is quite cool strain the juice into it, and squeeze as

much oil from the grated rind as will suit the taste. Put into bottles, tightly corked, for future use. A tablespoonful in a goblet of ice water will make a delicious drink.

MILK PUNCH FOR INVALIDS

One-half pint of milk made very sweet, half a wine glass of rum, stir well together. Grate a little nutmeg over the top of the glasses. Serve with straws in each glass.

WINE WHEY FOR INVALIDS

Sweeten to taste half a pint of milk, put in a double boiler and let come to a boil, throw in one glass of cherry wine. When the curd forms, strain the whey through a clean muslin bag into small soda glasses.

ORANGEADE

Juice of two oranges, two tablespoonfuls of powdered sugar, four teaspoonfuls of lemon juice, one glass of finely chopped ice, two glasses of water, shake well in a large shaker. Serve in soda glasses, and dress with fruit.

LIMEADE

Four tablespoonfuls of lemon syrup, two tablespoonfuls of lime juice. Pour over finely chipped ice in mineral glasses. Sweeten to taste with powdered sugar.

GRAPE-JUICEADE

Four tablespoonfuls of lemon syrup, four tablespoonfuls of grape juice, one glass of water; sweeten to taste. Stir well and serve in mineral glasses with straws.

LEMON EGGNOGG

Two tablespoonfuls of lemon syrup, two eggs, four dashes of Angostura bitters, one teaspoonful of rum, three tablespoonfuls of powdered sugar, one glass of milk, and a cup of chipped ice. Shake well in shaker, strain, and serve in soda glasses with straws.

DELMONICO'S EGG LEMONADE

Two fresh eggs, two tablespoonfuls lemon juice, one and a half tablespoonfuls powdered sugar, one glass of finely chipped ice. Shake well in shaker, strain, and serve.

EGG-PINEAPPLE

Half a cup of pineapple syrup, one cup of sweet cream, two eggs, one glass of chipped ice, three tablespoonfuls and a half of powdered sugar. Shake and serve in soda glasses with straws.

HOT EGG MILK

Two teaspoonfuls of sugar, one ounce cream, one egg, hot milk to fill an eight-ounce mug. Top with whipped cream and sprinkle with nutmeg. If there is no facility for keeping hot milk, use about two ounces of cream, and fill the mug with hot water.

MINT JULEP

Dampen a small bunch of mint, dust with powdered sugar, bruise slightly and pour over it a little boiling water; allow this to draw, then strain into a tall, thin glass quite filled with finely cracked ice; dress the glass with sprigs of mint, and pour in enough brandy to fill. Do not stir, but stand it away till thoroughly cool. Serve with straws.

HOT CLAM SODA

One teaspoonful of clam juice and a little cream; fill cup with hot water, stir with a spoon, and add salt and pepper.

CREAM DE BEEF BOUILLON

Add one ounce of sweet cream to a cup of beef bouillon and top with whipped cream and you have a delicious drink.

DOROTHY ALE

Juice of one orange, three teaspoonfuls powdered sugar, one egg, one ounce grape juice, one-fourth ounce port wine, small quantity shaved ice; fill glass with plain water; shake, put in lemonade glass, finish with a slice of pineapple and a cherry.

FOR THE CHAFING DISH

WELSH RAREBIT

One-half pint ale heated to boiling point, cut up fine one pound ordinary cheese, beat one egg and add to the cheese, together with two teaspoonfuls mustard, one teaspoonful of salt, one saltspoonful of cayenne pepper. Put all into the beer, stirring constantly, but carefully, until smooth, but no longer. Serve at once on toast or crackers.

ENGLISH RAREBIT

Cut finely a cup of cheese and crumb a cup of bread crumbs, put in your chafing dish or frying pan a piece of butter the size of a walnut, add the cheese and stir it to a cream. Moisten the bread crumbs with a cup of milk, thicken with three eggs well beaten. This will serve six or eight persons.

CHEESE DREAMS

Cut thin slices of bread and spread with butter; between two slices of the bread sandwich a thin slice of cream cheese. Fry quickly in butter in a chafing dish or frying pan.

CHEESE SOUFFLE

Three cups of cheese, two eggs, one saltspoonful of soda, one saltspoonful of salt, one saltspoonful of mustard, one tablespoonful of butter, one-half cup of hot

water, one teaspoonful of Worcestershire, one teaspoonful of lemon juice, and a little red pepper. Melt the butter in the blazer over the hot water. Put in the cheese, broken in small pieces, and add the seasoning. Dissolve the soda in the water and gradually pour it in the melting cheese. Beat in the eggs separately until very light. Add a little cold water to the yolk while beating, and stir them into the cheese. As soon as it is smooth and creamy, put in the Worcestershire and lemon juice. Whip in the white of the egg last. Serve at once, on toast.

CHEESE AND HAM

To one cup of white sauce add one-half cup chopped ham, one-half cup of grated cheese, one-half teaspoonful cayenne. Serve on toast.

SHRIMP WIGGLE

Make a white sauce of one tablespoonful of butter, one tablespoonful of flour, one-half pint milk. When thick add one-half can shrimps and one-half can green peas. Serve when the shrimps and peas are hot.

NEW YORK CHAFED OYSTERS

Put one pint of oysters in a chafing dish, add butter size of an egg, salt, pepper and Worcestershire sauce to taste. When the oysters begin to heat, add flour a little at a time, to prevent lumps, stirring well, until the gravy is slightly thickened. Serve on hot plates.

SCALLOPED OYSTERS

Put layers of buttered bread crumbs, well seasoned with salt and pepper, and layers of oysters in the blazer over hot water. Have crumbs for the last layer. Cover the pan and cook ten minutes.

PIGS IN BLANKETS

Drain and wipe large oysters. Pin around each a thin slice of bacon. Fasten it with a wooden toothpick. Cook them in the hot blazer until the bacon is brown and crisp.

PANNED OYSTERS

Have the chafing dish hot and then turn in a pint of oysters, which have been drained well, season with salt, pepper and celery salt, adding butter, and when the oysters begin to curl on the edges, serve on dry toast.

LOBSTER A LA NEWBURG

One lobster, one cup of cream, red pepper, two tablespoonfuls of butter, yolks of three eggs, three tablespoonfuls of sherry, salt. Cut one large or two small lobsters in small slices. Cut with a silver knife. Put it in the blazer with the butter. Season with salt and a dash of red pepper, and pour over the sherry. Cover the pan and cook five minutes. Mix the beaten eggs with the cream, and pour it on the lobster. Serve as soon as it boils. Shrimp and hard-shelled crab may be prepared the same.

CREAMED CHICKEN

Cold roast chicken or turkey, two cups of white sauce and two tablespoonfuls of salad oil. Cut the chicken or turkey in slices and dip them in the oil. This should be done an hour before cooking in the chafing dish. Then prepare the white sauce and cook the chicken in it for about five minutes.

CREAMED CHICKEN AND MUSHROOMS

To one pint of cream or white sauce add one pint of cold chicken chopped fine, and add one-half pint mushrooms. Heat and serve hot.

SPRING CHICKEN

Take one spring chicken and split open, lay in cold water for one hour; one-half Bermuda onion sliced and one-fourth pound best butter. Braise the onion to a delicate brown; one-half teaspoonful of paprika, steam chicken thoroughly and braise and cover until nearly done; do not break the chicken; put in one tablespoonful flour, shake well, add one pint of rich cream, let it come to a boil and season to taste, strain the sauce and pour over the chicken and let it simmer over a slow fire three-quarters of an hour; when ready to serve add one gill of sparkling Tokay wine. Cook in chafing dish.

FRIED CHICKEN

Cut the breast in pieces and lay in salt and water for a short time, wipe dry and roll in flour; fry in hot lard and butter, season with salt and pepper, fry parsley also. Make a gravy of cream seasoned with salt and pepper, a little mace and thicken with flour, in the pan in which the chicken has been fried.

CREAMED SWEET BREADS AND PEAS

Make a white sauce from two tablespoonfuls of butter. When melted, stir in two tablespoonfuls of flour, and when well blended add gradually one pint of milk. When thick, season with pepper and salt, then add one-half pint of sweet-breads (boiled and cut in dice) and one-half pint of green peas. Heat thoroughly and serve.

CREAMED MUSHROOMS

Cook small mushrooms for ten minutes in a little salted water. Drain them and add white sauce.

CREAMED EGGS WITH CHEESE

Cook three eggs until hard, slice when cold into one cup of white sauce. When boiling hot stir in carefully

two tablespoonfuls grated cheese and season with cayenne. Serve on rounds of toast.

STEWED KIDNEYS

Split the kidneys and cut each in three pieces. Brown them in butter. Stir flour and water in the pan to make a brown sauce, and cook the kidneys in this for ten minutes.

BROILED LAMB CHOPS

Have rib chops, with the bones removed, rolled into rosettes. Broil in the hot blazer from eight to ten minutes, turning them several times. Season with salt, pepper and butter. Broiled tomatoes should accompany this dish.

BROILED TOMATOES

Cut large tomatoes in thick slices, without peeling. Sprinkle them with a little salt, pepper and sugar and roll them in cracker dust. Put a tablespoonful of butter in the blazer, and put in the slices of tomato. Turn frequently until done.

FRIED TOMATOES

Slice the tomatoes as for broiling, dredge with flour, fry a light brown in butter, lay them in a hot chafing dish. To the butter in the spider add a little more butter, add as much flour as you did butter, stir well and add milk or cream, season to taste and pour over the tomatoes. It is best to serve either fried or broiled tomatoes in a chafing dish, as they cook very quickly.

DEVILED TONGUE

Sprinkle slices of tongue with mustard and red pepper, and pour over a little salad oil. Place the slices

together in one pile, and let them remain an hour. Then brown them in hot butter. Serve with slices of brown bread.

BROWN SAUCE

One tablespoonful of butter, one tablespoonful of flour, one tablespoonful of onion juice, two cups of beef stock. Cook the onion, butter and flour until it is brown, add the stock, and season the gravy. Beef extract and water may be used instead of stock.

BREAKFAST FOODS

VITOS BREAKFAST FOOD

Stir one cup of Vitos into one quart, or four cups, of boiling water, salt to taste and boil 15 minutes. Serve with cream and sugar. Best results are obtained by using double boiler.

FRIED VITOS MUSH

When cold, slice, dip in beaten egg and fry. Serve with syrup.

CREAMED VITOS

To two and one-half cupfuls boiling water add one teaspoonful of salt and stir in slowly one cupful of Pillsbury's Vitos. Let this boil five minutes, stirring all the time, then put it in a double boiler, add two cupfuls milk and let it cook for thirty minutes. Serve hot with cream.

VITOS WHEAT FOOD WITH APPLES

Core apples, leaving large cavities; pare and cook until soft in syrup made by boiling sugar and water together. Fill cavities with Pillsbury's Vitos mush and serve with sugar and cream. The syrup should be saved and re-used.

STEAMED OATMEAL

One teacupful of oatmeal, one quart of cold water and a teaspoonful of salt; gradually heat and steam one hour and three quarters after it begins to cook. Serve with cream and sugar.

CRACKED WHEAT

Soak one teacup of cracked wheat in not quite a quart of cold water over night; boil half an hour in the morning in a double boiler; add a teaspoonful of salt; serve with sugar and cream.

BOILED RICE

Take one teacupful of rice and one quart of fresh milk; place in a steamer, and steam from two to three hours, when nearly done, stir in a piece of butter the size of a butter ball and a pinch of salt. Serve with cream and sugar.

PIES

All of the materials must be as cool as possible.

Pastry flour should be used.

The following fats may be used alone or in combinations of two: butter, butterine, lard, cottolene, beef drippings. The fat should not be cut very fine, if a flaky crust is desired. Baking powder is sometimes used.

The dough should be mixed with a knife and not touched with the hands. It should be rolled in one direction only, and on one side, using but little flour. The dough is rolled thin and baked until brown.

All pies made with fresh fruit should be made without an under-crust, and cooked in a deep earthenware plate. Fill the plate very full. If sugar is used with fruit pies, it should be placed on the bottom of the pie plate. Meat and oyster-pies should also be made without any under crust. The crust should be cut in several places to allow the steam to escape.

If an under crust is used, this crust should be baked on the out side of a tin plate, then filled. In this case, the crust must be pricked all over with a fork so that it may keep its shape.

If two crusts are used, the lower one should be moistened around the edge with cold water, then a half-inch strip of paste should be placed around the edge of the under-crust. This strip should also be moistened and the upper crust placed over the pie and pressed slightly around the edge.

The paste may be made the day before using, then covered and placed on ice. It rolls more easily if placed on ice after mixing.

PIE CRUST

One even cupful of flour, and one teaspoonful of salt. Sift several times. Cut into the flour half a cup of ice cold lard, and add four tablespoonfuls of ice cold water; stir with a spoon. Divide the paste in two equal parts, roll out one part for the under crust. The other half roll out an eighth of an inch thick, dot it with a teaspoonful and a half of butter, dredge very lightly with flour, fold up to the smallest size possible, pat with the rolling pin, and roll out once, pressing the rolling pin this way and that. Slash with a knife any design you like, lay upon the fruit in the pan, pinch the edges together; trim. Bake in hot oven.

PIE CRUST FOR ONE PIE

One large cup flour, one-half cup shortening (lard and butter mixed) rubbed through the hands into the flour, a little salt and wet with ice-cold water to make the dough just so it can be handled; flour the board or what is better a marble slab. Divide the crust in two parts and cover the plate, reserving the rest for upper crust. This is a plain crust and just enough for one pie. Especially good for fruit pies.

PLAIN PASTRY

One and one-fourth cupfuls of pastry flour, one-fourth teaspoonful of salt, one-third cupful of fat and butter, one-half of each, ice water. Mix in the order given.

MINCE MEAT

One-half cupful of mixed candied citron, lemon and orange peels, one-half cupful of suet, one and one-half cupfuls of mixed raisins and currants, one and one-half cupfuls of chopped apples, one cupful of cooked beef chopped fine, one heaping tablespoonful

and half of molasses, three tablespoonfuls of brown sugar, one teaspoonful and a half of mixed spices. (Nutmeg, allspice, cloves, cinnamon and black pepper.) Add three pinches of salt, half a cupful of brandy and half a cupful of cider, mixed. Cover the raisins with cold water and seed them. Wash and pick over the currants, cover both raisins and currants with cold water and cook slowly until the water has boiled away. Add the candied fruit and suet chopped fine, sugar, molasses, spices and cider, boil slowly one hour and ten minutes, stirring quite often. Mix apples and beat together, add salt and other ingredients, cook thoroughly fifteen minutes. Put away in jar in a cool place until wanted. This makes one large pie. Before covering the pie, it is a good idea to lay on top a few nut meats, either hickory or English walnuts. Mince meat should stand at least three days before using.

APPLE PIE

Wipe and cut tart apples into eighths; remove the cores and skins. Vary the amount of sugar according to the acidity of the apples, using two tablespoonfuls or more for an apple. If the apples are not juicy, add from one-half tablespoonful to one tablespoonful water, according to the size of the apple.

The apples may be flavored with lemon juice, cinnamon or nutmeg, and should be covered with bits of butter. Bake until the apples are soft and the crust is brown. Apple sauce may be used on a baked crust.

GRANDMOTHER'S APPLE PIE

One pint of flour and one teaspoonful salt, one tablespoonful of lard and two of butter, six tablespoonfuls of ice water, five good sized tart apples, one and one-half cupfuls sugar, butter the size of a walnut, one-half cupful water and either cinnamon, nutmeg or allspice to suit the taste. Put flour, salt, lard and butter

into a chopping bowl and chop until the lard and butter are like small sized peas; then add the water without mixing; turn out on the board and roll and fold over. Continue to do so until the crust is smooth, then line the pie-tin and fill with sliced apples and spice. Do not put on a particle of sugar. Then the upper crust with a slit cut in it; bake. Put on the fire the sugar, water and butter; boil fifteen minutes or until it thickens, then pour through the slit you have made in the pie before it was baked. This sweetens the pie, the crust is not soggy, and the juice does not run out in the oven while baking as in the old way.

APPLE LEMON PIE

Two tart apples chopped fine, two eggs beaten, juice of two lemons, grated rind of one, one cup of sugar, a pinch of salt. Bake between two crusts.

LEMON PIE

One-fourth cupful flour, one cupful sugar, one cupful of boiling water, juice and rind of one lemon, four tablespoonfuls of powdered sugar, four teaspoonfuls of butter, two eggs. Beat the yolks of eggs until light. Mix the sugar and flour together. Add the boiling water slowly. Cook twenty minutes, stirring frequently, add the mixture to the egg, add butter and lemon, and cook until the egg thickens. When the mixture is cool, place it in a baked crust. Cover with a meringue, and bake until a delicate brown.

SMALL LEMON PIE

Moisten one heaping tablespoonful of corn starch with a little water, add a cupful of boiling water. Stir over the fire until it boils three minutes; add a teaspoonful of butter and one cupful of sugar. Take off the fire and when slightly cooled, add one beaten egg and the juice and grated rind of one lemon. Bake with a crust.

CREAM PIE

Yolks of two eggs, two tablespoonfuls of corn starch, two tablespoonfuls of sugar, and one pint of rich milk. Flavor to the taste; put the yolks and whites together, or spread the whites over the top of the pie.

WHIPPED CREAM PIE

Line a pie plate with a rich crust and bake quickly in a hot oven. When done, spread with a thin layer of jelly or jam, then whip one cupful of thick sweet cream until it is as light as possible; sweeten with powdered sugar and flavor with vanilla; spread over the jelly or jam; set the cream where it will get very cold before whipping.

BAKERS' CUSTARD PIE

Beat up the yolks of three eggs to a cream. Stir thoroughly a tablespoonful of sifted flour into three tablespoonfuls of sugar; this separates the particles of flour so that there will be no lumps; then add to it the beaten yolks, put in a pinch of salt, a teaspoonful of vanilla and a little grated nutmeg; next the well-beaten whites of the eggs; and, lastly a pint of scalded milk (not boiled) which has been cooled; mix this in by degrees and turn all into a deep pie-pan lined with puff paste, and bake from twenty-five to thirty minutes.

CHERRY PIE

Line your pie tin with good crust, fill half full with ripe stoned cherries; sprinkle over them one cupful of sugar, one teaspoonful of flour sifted, dots of butter here and there. Now fill the crust to the top with more cherries. Cover with the upper crust and bake. This is a most delicious pie.

FIG PIE

Stew one dozen large figs in one teacupful of water and one-half teacupful of sharp vinegar. Stew the figs until soft, then add a half teaspoonful of butter, sugar to taste and a little flour. Bake with an under and upper crust.

RASPBERRY PIE

Line a shallow pudding dish, or deep plate, with pie crust and fill with berries, a cup of granulated sugar mixed with one tablespoonful of flour. Cover with a tolerably thick sheet of crust; make several incisions for the escaping steam; bake until crusts are a delicate brown. Serve cool.

CRANBERRY PIE

Take fine, sound, ripe cranberries and with a sharp knife split each one until you have a heaping coffee cupful; put them in a vegetable dish or basin; put over them one cupful of white sugar, half a cup of water, a tablespoonful of sifted flour; stir it all together and put into your crust. Cover with an upper crust and bake slowly in a moderate oven. You will find this the true way of making a cranberry pie.

PIE PLANT PIE

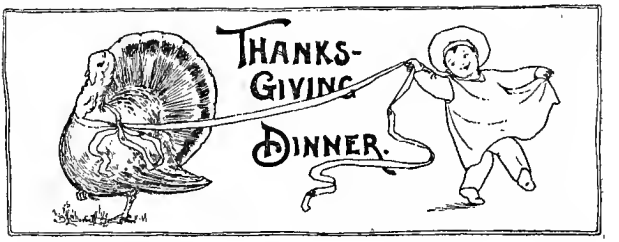
Wash and skin the pie plant, and cut in inch length pieces, put in granite pan and cover with cold water and heat to boiling and drain off the water; to two cupfuls of pie plant add one cupful sugar, a tablespoonful of flour mixed. Line the plate with paste, put in the pie plant and cover with thin crust with slashes for steam to escape, and keep the juice from running out while cooking. Bake till the crust is a delicate brown.

PUMPKIN PIE

Select a small fine grained pumpkin. Steam it until perfectly tender, then press through a colander. To a pint of the sifted pumpkin add one quart of rich milk, three well beaten eggs, tea cup of sugar, one tablespoonful of ginger, one teaspoonful cinnamon, and a half teaspoonful of salt. Stir all together. Line two deep pie tins with good pastry, pour in the mixture, sift a little sugar and a dusting of nutmeg over the top and bake until firm in the center and a golden brown in color.

SQUASH PIE

Take one part of a Hubbard squash, cut in half, scrape out the seeds and peel. Put into a saucepan and cover with salt water. Mash fine; one good cupful will make a pie. Use the other as a vegetable. Beat the yolk of one egg with four tablespoonfuls of sugar, a half teaspoonful of ground ginger, three pinches of salt, and two-thirds of a cup of hot milk; pour on slowly, stirring all the time. Add a teaspoonful and a half of butter and a heaping cupful of hot mashed squash, a scant teaspoonful of flour, three pinches of grated nutmeg. Beat all together, add the white of the egg beaten to a froth. Beat thoroughly, and pour in pie pan; sprinkle a little brown sugar over the top. Bake in a hot oven ten minutes.



Cream of Carrot Soup.
Celery. Wafers. Olives.
Roast Turkey with Gravy.
Mashed White Potatoes. Stewed Tomatoes.
Lingham Berries. Quince Jelly.
Lemon Ice.
Water Cress Salad.
Cheese Wafers.
Plum Pudding *or* Pumpkin Pie.
Nuts. Raisins.
Black Coffee.

CAKES

RULES FOR CAKE MAKING

In making cake, accuracy in measuring the ingredients is absolutely necessary. Success follows those who give strict attention to detail. The baking is usually the most difficult part. Eggs must be perfectly fresh; butter sweet, and flour fine. Butter cakes, as pound cake, cup cake and fruit cake, must be baked in a very moderate oven (220°Fahr.), while layer cakes may be baked more quickly (from 280° to 300° Fahr.), Angels' food and sunshine cake should be placed in a very cool oven (212° Fahr.), the heat increased slowly for three-quarters of an hour, browning at the last. Do not beat the butter, sugar and eggs in a tin basin; it scours the basin, but discolors the materials. Use a wooden spoon and a white enameled bowl.

Measure everything before beginning.

Always separate the whites and yolks of the eggs, unless the recipe specifically directs otherwise.

Beat the butter to a cream before adding the sugar; then beat the sugar and butter until very light before adding the eggs.

When a recipe calls for a teaspoonful of baking powder, it always means a rounding spoonful, unless otherwise stated.

Each teaspoonful of baking powder may be replaced by a half teaspoonful of soda (level) and a level teaspoonful ot cream of tartar sifted with the flour three or four times.

Dried fruits, as currants and raisins, must be perfectly clean and well floured, and added to the cakes at the last moment.

If fruits sink to the bottom of the cake, the cake is not sufficiently thick to hold them in place; add more flour to the batter.

Cups used for measuring hold a half pint.

Suet is the best material for greasing cake pans. Butter burns easily, sticks and holds the cake to the pan.

Have the oven ready as soon as the cake is mixed.

Cookies, thin small cakes as wafers, require a moderately quick oven (240° Fahr.); molasses cakes, a very moderate oven; as they scorch easily.

If you are without a thermometer, and must guess at the heat of the oven (a most unsatisfactory way), and you find it too hot, quickly lift the lids of the stove and put a pan of cold water in the oven. Cakes baked too quickly at first will come up in the center, crack and run over the sides of the pan.. It is impossible to keep them in shape.

Do not jar the stove, or open and close the oven door until the center of the cake is "set."

Do not cover a cake with paper; the paper burns and spoils the flavor of the cake.

Regulate your oven. If necessary to look at a cake while baking, do it as quickly as possible, and open and close the door carefully.

In recipes, where time is given for baking, remember it is guaged by a thermometer, and it is impossible for you to follow it correctly without one. Be careful then that the cake is thoroughly done before you take it from the oven. If it is not, it will tick loudly when you put your ear to it, and will fall when taken out, having a heavy streak near the bottom.

It is always well to line the pans with greased paper for fruit cake, pound cake, wedding cake and cakes rich with butter.

When a cake is done, turn it gently on a cake sieve and allow it to cool. Do not handle it while hot.

Do not melt or warm the butter until it is oily. It may be slightly softened in warm water.

PLAIN LAYER CAKE

Cream one butter ball and one cupful of sugar, two eggs, beaten separately; mix yolks and sugar and butter together. Add one cup of milk, one cup and a half of flour and two teaspoonfuls of baking powder, sifted. Add the beaten whites last.

Filling.—One egg well beaten, one-half cup of sugar, two tablespoonfuls of flour, mix together; one and one-fourth cups of milk, let milk come to a boil. Add one teaspoonful of vanilla.

CHOCOLATE LAYER CAKE

One cupful of sugar, two cupfuls of flour, one cupful of milk, four eggs, two teaspoonfuls of baking powder, flavor to suit taste.

Filling and Icing—One-half cupful of grated chocolate, one large cupful of sugar, one-fourth cupful of milk, butter the size of an English walnut. Mix and put on the stove to boil. It should not be stirred while boiling. Boil ten minutes and then set off and let cool, stirring occasionally. When cool put between and on top of the cake. If it is not thick enough, put back on stove and cook a little more.

MAPLE LAYER CAKE

Melt one-third of a cake of chocolate over hot water. Dissolve one teaspoonful of baking soda in one-half a cup of warm water. Beat one-half a cup

of butter to a cream, add two well beaten eggs without separating, and now beat in gradually two cups of maple sugar, and beat for ten minutes. Add the soda and water to one cup of thick sour milk, add this with the melted chocolate to the egg mixture; now stir in two cups and a half of sifted flour. Beat all well together and bake in three layers. When cold put together with maple or caramel filling.

COCOANUT CAKE

Cream together three-quarters of a cup of butter and two of white sugar, then add one cup of sweet milk, four eggs, whites and yolks separately beaten, the yolks added first to the butter and sugar, then the whites. Flavor with lemon or vanilla. Mix three heaping teaspoonfuls of baking powder in three cups of sifted flour and add last. Bake in jelly pans.

For Filling.—Make an icing by beating the whites of three eggs and a cup of powdered sugar to a stiff froth, When the cake is cooled, spread a thick layer of this frosting over each cake, and sprinkle very thickly with grated cocoanut.

ORANGE CAKE

Beat a cup of butter to a cream; add a cup and a half of granulated sugar; beat and mix well. Beat four eggs, the lighter the better; add these; then add one cup of milk; stir well; sift two cupfuls of flour in which are two teaspoonfuls of baking powder; add, mix well and beat.

Grease three layer pans with lard, pour in the mixture and cook fifteen minutes in a quick oven. To the rind and juice of one orange, add the white of one egg, and sufficient powdered sugar to make a stiff frosting. Use this also as filling between the layers. If desired, an orange may be divided into sections and the frosting decorated with these. This cake is delicious.

ANGEL CAKE

The whites of six eggs, three-fourths cup of flour, three-fourths cup of sugar, one-half teaspoonful cream of tartar, and a pinch of salt. Flavor according to taste and bake in a small sized angel cake tin.

Directions.—Sift flour seven times and sugar seven times. Put the cream of tartar and salt in the flour the last time you sift it. Have your oven ready. It must be moderately cool and even. Now beat the eggs quickly to a stiff froth, add the sugar gradually while stirring rapidly and lastly add the flour gradually, still stirring rapidly and put in the tin and bake forty minutes in a quiet room. Let cake cool a little before taking it from the pan. When testing cake to see if it is baked enough, use a broom straw.

WHITE SPONGE CAKE

Whites of five eggs, one cupful of flour, one cupful of sugar, one teaspoonful of baking powder. Flavor with vanilla. Bake in a hot oven quickly.

CREAM SPONGE CAKE

This cake can be made in twenty-five minutes. Beat together two eggs and three-fourths of a cup of granulated sugar very light; add five tablespoonfuls of boiling water. Be sure that the water is boiling. Beat slightly and add one cupful of flour, sifted twice, with one teaspoonful of baking powder and a saltspoonful of salt. Flavor slightly with lemon. Beat until the flour is absorbed but no longer, bake in jelly cake pans in a quick oven twelve minutes. Whip one cup of cream stiff; sweeten with powdered sugar, a spoonful at a time while beating. When sweet enough flavor with lemon to taste. Put part of it on the bottom of one cake; lay the other

cake on with the top up; then put the remainder of the cream in a pastry bag containing a tube in the end and decorate the surface with dots of cream.

LEMON SPONGE LAYER CAKE

Four eggs, two cupfuls of sugar, two cupfuls of flour, two teaspoonfuls of baking powder, three-fourths cupful of boiling water. Beat the yolks and sugar till very light, add flour and whites alternately, and, just before putting in the oven stir in the boiling water. Bake in a large pan or in layers.

Icing—White of one egg, large cup of sugar, the grated rind and juice of half a lemon. Spread between the layers and ice over the top.

WHIPPED CREAM CAKE

Three-fourths cup of sugar, three eggs well beaten, one cup flour, one large teaspoonful baking powder, bake in a flat tin; when cold split with a sharp knife, and spread with a good cup of cream (measure before whipping) whipped stiff and seasoned with vanilla and sweetened to taste.

SNOW CAKE

One pound of arrowroot, quarter of a pound of powdered sugar, half a pound of the very best butter, the whites of six eggs, flavor with essence of almonds or lemon. Beat the butter to a cream, stir in the sugar and arrowroot gradually, at the same time beating the mixture; beat the whites of the eggs to a stiff froth, add them to the other and beat well for twenty-five minutes. Then put in the flavoring. Pour the cake into a buttered mould and bake in a moderate oven for one and a half hours.

YALE CAKE

Beat the yolks of eight eggs with one cupful of sugar and three-fourths of a cupful of butter which has been creamed, two cupfuls of sifted flour, half a teaspoonful of soda in half a cupful of sweet milk. When well mixed bake in a shallow pan.

MARBLE CAKE

White Part.—Whites of four eggs, one cup of white sugar, half a cup of butter, half a cup of sweet milk, two teaspoonfuls of baking powder, one teaspoonful of vanilla or lemon and two and half cups of sifted flour.

Dark Part.—Yolks of four eggs, one cup of brown sugar, half a cup of cooking molasses, half a cup of butter, half a cup of sour milk, one teaspoonful of ground cloves, one teaspoonful of cinnamon, one teaspoonful of mace, one nutmeg grated, one teaspoonful of soda, the soda to be dissolved in a little milk and added after part of the flour is stirred in, one and a half cups of sifted flour.

Drop a spoonful of each kind in a well-buttered cake-dish, first the light part, then the dark, alternately. Try to drop it so that the cake shall be well-streaked through, so that it has the appearance of marble.

DEVIL'S FOOD

Part 1st. Two-thirds of a cup of chocolate shaved, two-thirds of a cup of brown sugar, half a cup of sweet milk, one teaspoonful of vanilla. Put the chocolate and sugar on the stove. Add the milk slowly, stirring constantly; cook until smooth. Add the vanilla when taken from the stove. Put in a pan of cold water to cool.

Part 2nd. One-half cup of butter, and one cup of brown sugar creamed; add two eggs and beat until light. Add the cooled chocolate and beat well, then

add one-half cup of milk, one teaspoonful of soda sifted with two cups of flour. Beat hard, line the tin with oiled paper or butter the tin. Bake in two layers.

Chocolate Cream Filling. Six tablespoonfuls of grated or shaved chocolate, enough milk or cream to moisten, one cupful of sugar, one egg beaten. Stir the ingredients over the fire until smooth. Take from the stove and add vanilla. When cool put between and on top of the cake.

BLACK CHOCOLATE CAKE

One cup of sugar, two cups of flour, two-thirds full, two eggs, two even teaspoonfuls of cream of tartar, one-half cup of butter, one-half cup of milk, one even teaspoonful of soda, one even teaspoonful of vanilla. Mix as usual and add the following mixture: One-half cake of Baker's chocolate, one-quarter of a cup of sugar (scant), two-thirds of a cup of milk, one teaspoonful of vanilla, one egg. Cut the chocolate in pieces and put in a saucepan with the milk, stirring all the while. When dissolved add the egg beaten with the sugar. When cooked thick as mustard add to cake mixture and bake. Ice with thick white icing. The mixture will look very soft when ready for the oven, but do not add more flour, as the softer it is, the nicer the cake will be.

RICH FRUIT CAKE

Two scant teacupfuls of butter, three cupfuls of dark brown sugar, six eggs, whites and yolks beaten separately, one pound of raisins, seeded, one of currants, washed and dried, and half pound of citron cut in thin strips; also half a cupful of cooking molasses and half a cupful of sour milk. Stir the butter and sugar to a cream, add to that half a grated nutmeg, one tablespoonful of ground cinnamon, one teaspoonful of cloves, one teaspoonful of mace, add the mo-

lasses and sour milk. Stir all well; then put in the beaten yolks of eggs, a wine-glass of brandy; stir again all thoroughly, and then add four cupfuls of sifted flour alternately with the beaten whites of eggs. Now dissolve a level teaspoonful of soda and stir in thoroughly. Mix the fruit together and stir into it two heaping tablespoonfuls of flour; then stir it in the cake. Butter two common-sized baking tins carefully, line them with letter paper well buttered, and bake in a moderate oven two hours. After it is baked, let it cool in the pan. Afterward put it into a tight can, or let it remain in the pans and cover it tightly. Best recipe of all.

MOLASSES CAKES

Cream one half cup of butter and one half cup of sugar together, add one cup of very dark molasses, one half cup of sour milk, one-eighth of a teaspoonful of salt, one teaspoonful ginger, one-half teaspoonful of cinnamon, one-fourth teapoonful each of cloves and nutmeg, one teaspoonful soda sifted with one cup of flour, and enough flour to make a very soft dough; mix all together thoroughly, and roll out one-fourth of an inch thick, cut in round or fancy cakes, press a raisin or nut-meat in the center and bake in quite a hot oven. They can also be covered with any frosting one prefers.

STRAWBERRY SHORT CAKE

Two cups flour, two teaspoonfuls baking powder, one-half teaspoon salt, two teaspoonfuls sugar, three-quarters cup milk, one-quarter cup butter, strawberries.

Mix the flour, baking powder, salt and sugar and sift twice. Work in the butter with tips of the fingers and add the milk gradually. Toss on a floured board, divide into two parts, pat and roll out. Bake in two

layers, one on top of the other, with butter between; when cool, open with a knife. Sweeten strawberries to taste. Crush slightly and put between and on top of the short cake. Cover the top with whipped cream, sweetened and flavored with vanilla.

To one-half pint thick cream, add one-quarter cup milk and beat until stiff with the egg beater. Add one-quarter cup powdered sugar and one-quarter teaspoonful vanilla. Serve at once.

The cream may be omitted. Other fruits may be substituted.

CINNAMON BARS

One pound of light brown sugar, four eggs; half a cup of blanched almonds, shredded; peel one lemon, and grate the rind, one tablespoonful cinnamon, one teaspoonful ground cloves; one pound of flour. Cream the sugar and eggs one hour, add the almonds and lemon, cinnamon, and cloves, mix thoroughly, add the flour, roll out very thin, cut in long bars, and bake until brown.

GRANDMOTHER'S SOFT GINGERBREAD

Take two eggs, one teacupful of molasses, one of sugar, one of butter, one of sour milk, one-half tablespoonful of soda, one tablespoonful of ginger. Mix stiff, and bake in slow oven twenty-five minutes.

BROD TORTE

Four tablespoonfuls of chopped almonds, rind of one lemon, four tablespoonfuls of citron, twelve eggs, beaten separately, two teaspoonfuls of cinnamon, half a teaspoonful of cardamon, one teaspoonful each of cloves and mace, one small cup of sifted stale graham bread crumbs, which moisten with one glass of wine, one cup of sugar. Mix the beaten whites of eggs in last, and bake in a slow oven one hour. This is a German holiday cake and very fine.

CARAMEL FROSTING

One cup of brown sugar, one cup of pulverized sugar, one-half cup of milk, butter the size of a walnut, four squares of Baker's chocolate, one teaspoonful of lemon essence, one teaspoonful of vanilla essence. Put the sugar and chocolate in a saucepan with milk and boil until melted; add the butter and boil until it shreds; add the essences and beat until it is thick enough to spread upon the cake.

CARAMEL FILLING

Boil in a granite sauce pan without stirring, three cups of brown sugar, one cup of cream and one heaping teaspoonful of butter. Let cook until when dropped in cold water it is hard enough to be waxy. Stir only on the bottom to keep from burning, then set in a pan of cold water and as it hardens, spread it on the cake while it is still soft enough to spread. It will settle into a smooth surface almost instantly.

BANANA FILLING

Make an icing of the whites of two eggs and one and one-half cups of powdered sugar. Spread this on the layers, and then cover thickly and entirely with bananas sliced thin or chopped fine. This cake may be flavored with vanilla. The top should be simply frosted.

FIG FILLING

Chop one pound of figs fine, add to the figs one-half cup of sugar and one cup of hot water, stew until soft and smooth. Spread between the layers and ice the whole cake with boiled icing.

LEMON FILLING

Cream one cupful of sugar and two tablespoonfuls of butter, two eggs; beat sugar, butter and eggs well,

then add the juice of two large lemons, juice only, beat all together and boil until the mixture is of the consistency of jelly. Let cool, and spread between layers and on top. Oranges can be used instead of lemons.

BROWN COOKIES

Two cupfuls of brown sugar, half a cupful each of lard and butter, two eggs, and one cupful of strong hot coffee in which dissolve one scant teaspoonful of soda, one teaspoonful each of cinnamon, cloves and nutmeg, and as many chopped raisins, citron, and nuts as you desire. Thicken with flour and drop from spoon in little round cakes. Bake in moderate oven.

SUGAR JUMBLES

Cream one cup of butter, and two cups of sugar, three eggs; beaten slightly, three-fourths of a cup of milk, one-fourth of a teaspoonful of nutmeg, one teaspoonful of vanilla or rose extract; two teaspoonfuls of baking powder, sifted with one cup of flour, adding enough flour to make a very soft dough. Roll out one-half inch thick, using as little flour as possible; cut with hole in center, and bake, remove from oven as soon as done, sprinkle with granulated sugar and arrange raisins around the cookie near the center.

OATMEAL COOKIES

Two cupfuls of flour, two cupfuls of Quaker oats, two eggs, one cupful of sugar and one cupful of shortening, (butter, lard, suet, or both), one teaspoonful of salt, one teaspoonful of cinnamon, one teaspoonful of soda sifted in the flour, and one cupful of raisins. When all stirred together, drop on the tin in drops the size of an English walnut. Bake in a hot oven. These will keep for months in a covered butter jar.

SOUR CREAM COOKIES

Take one cup of butter, one cup and a half of sugar, two eggs, one cup of sour cream and one teaspoonful of soda. Beat sugar and butter to a cream, add the two beaten eggs, mix soda with cream and add flour enough to roll out thin. Sprinkle lightly with sugar, cut, and bake in quick oven.

MRS. B.'S COOKIES

Two cups of sugar, four beaten eggs, two and a half cups of flour, one-quarter teaspoonful of ground cloves, one teaspoonful of cinnamon, two ounces of citron, three ounces of chopped almonds, two teaspoonfuls of baking powder. Beat eggs and sugar and add other ingredients. Roll out thin and cut into diamond shape and let stand over night. In the morning take whites of two eggs, beat slightly, then add enough pulverized sugar to stiffen, spread over cookies and bake in a slow oven. Fine.

ROCK COOKIES

Cream one cup of butter, and one cup of granulated sugar sifted, two eggs well beaten, beat butter, sugar, and eggs fifteen minutes, add one cup of sifted flour mixed with one teaspoonful of baking powder; one half pound seeded raisins, one half pound chopped almonds, and three tablespoonfuls of brandy. Add enough flour to make a soft batter, drop from spoon on buttered paper, and bake in a quick oven.

COCOANUT DROPS

Beat the whites of two eggs, add half a cupful of sugar, one tablespoonful of flour, one cupful of cocoanut; mix lightly and drop on oiled paper, and bake in a very moderate oven.

ALMOND MACAROONS

One cupful and three quarters of chopped almonds, one cupful and three-quarters of powdered sugar, whites of three eggs, one heaping teaspoonful of cinnamon. Beat eggs very stiff, and add other ingredients, drop on paraffined pan and bake in a very moderate oven.

PARIS STICKS

One and three-quarters cupfuls of chopped almonds, one cupful of pulverized sugar, the whites of two eggs beaten to a stiff froth, the grated rind of one lemon. Mix the ingredients and roll out on pulverized sugar; cut into strips an inch wide and put into paraffined pans. Bake in a slow oven. Excellent.

ALMOND STRIPS

Mix one cup of almonds, chopped fine, with the white of one egg slightly beaten, two tablespoonfuls of powdered sugar. Roll out puff paste very thin, three inches wide and ten inches long, cover with the almond nut mixture, cut into long strips, bake until a light brown.

PUFF PASTE

One cup of butter; two cups of pastry flour; ice-water to moisten. Wash butter thoroughly, reserve two tablespoonfuls, shape remainder into round cake one half inch thick, on floured board. Work the two tablespoonfuls butter into the two cups pastry flour with the tips of fingers, adding enough ice water to moisten into dough. Knead on floured board one minute, cover with napkin, place in a pan on ice ten minutes, roll into oblong squares one-fourth inch thick, spread the butter on lower half, cover with upper half, press edges together, fold right side of paste

over and left side under, cover and chill five minutes, turn half-way round, roll one-fourth inch thick, dredge with flour to prevent sticking, fold from each side, chill again five minutes. Repeat twice, turning half way round each time, fold from ends to center, making three layers, put between pans of ice covered with napkins, do not let paste touch the ice. When the paste is thoroughly chilled it is ready to roll out.

SOPHIA'S LADYFINGERS

One cup of sugar, two eggs, beaten separately, one-half cup of hickory nuts chopped fine, one teaspoonful of baking powder, the grated rind of one lemon. Mix sugar and yolks, add the nuts and whites of eggs and flour enough to roll out, sprinkle lightly with sugar, cut into strips three inches long and one inch wide, and bake in moderate oven. Delicious.

DOUGHNUTS

One-half cup of sugar, one egg, one cup of milk, one tablespoonful of melted lard, one pinch of salt, three tablespoonfuls of baking powder in part of flour; add flour enough to roll out the dough, cut, and fry in very hot lard. When brown on both sides, drain on unglazed paper. Sprinkle with powdered sugar.

FROZEN DESSERTS

Sherbets and ices are made with the juices of water and sugar. Manage to keep on hand a supply of canned fruit syrups and a variety of delicious deserts may be quickly prepared. To give a nice, smooth consistency to a water ice dissolve one tablespoonful of gelatine. The following are some of the most delicious sherbets and ices. Follow the directions given under Orange Sherbets for all the other varieties.

ORANGE SHERBET

One tablespoonful of gelatine, one-half cup of cold water, one-half cup boiling water, one cup of sugar, one pint of orange juice. Let the gelatine dissolve in the cold water ten minutes, add the boiling water, and when dissolved add the sugar, another cup of cold water and the orange juice. Strain when the sugar is dissolved and freeze. Some prefer to boil the water and sugar in a clear syrup, remove the scum, and when cool add the fruit juice; others use the white of an egg beaten stiff; adding it after the sherbet is partly frozen. To make pomegranate, make the same as orange sherbet, using the blood-red orange instead of others. Serve in orange baskets or in scooped-out apples laid on a lettuce leaf. There are so many pretty ways of serving ices and creams if one will only go to the trouble.

PINEAPPLE SHERBET

Two lemons, one cupful of pineapple, one quart of water, one pint of sugar. Boil the sugar and water

together ten minutes. While cooking, drop into this syrup a piece of yellow lemon rind. Mix the syrup with the juice of the lemons and the pineapple. Freeze.

RED RASPBERRY SHERBET

One box of red raspberires crushed and heated with a little water and the seeds strained out, one pint of water and one cup of sugar boiled together, and the juice of one-half lemon. Freeze.

MILK LEMON SHERBET

Three-fourths of a quart of milk, two lemons, one cup of sugar. Grate the rind of half of one lemon and mix with the lemon juice. Mix sugar and lemon juice well. Have freezer cold as possible and ready. Add milk and pour quickly into freezer. When half frozen add the beaten whites of two eggs.

ICE CREAM WITHOUT A FREEZER

One pint of rich whipping cream, one cup of grated pineapple or mashed peaches, or any preferred flavoring or fruit. First whip the cream till perfectly stiff, then add the fruit and put into a tin pail or mould and bury in a bucket of finely chopped ice and salt. In fifteen minutes take out and scrape the cream away from edges, stir, and bury again. Do this three times and at the end of an hour you will have most delicious ice cream.

VANILLA ICE CREAM

One quart of cream, one small cup of sugar. Flavor to taste.

PEACH ICE CREAM

Mash six small peaches through a sieve and mix with the cream and make as above.

BANANA ICE CREAM

A pretty ice cream for luncheon is banana ice cream of a delicate yellow tint served in the skin of red bananas. The skins can be made firm and stiff by laying them carefully in a pail and burying it in ice and salt.

COMPANY ICE CREAM

One quart of milk, three-fourths pint of granulated sugar, the yolks of eight eggs, six bananas, peeled and sliced. Put the milk in a double boiler with the sugar. When scalding hot pour over the well-beaten eggs, stirring all the while, then return to the boiler and cook until of the consistency of a soft custard. Remove from the fire and add the bananas. Stir until well mingled, cool thoroughly and freeze.

BISQUE ICE CREAM

Make a soft custard of one quart of milk, the yolks of four eggs, and one cupful of sugar. When at boiling point stir sugar, cream and flavor together; add lightly the whites of the eggs, pour into a mould and set on ice until required.

CARAMEL ICE CREAM

Brown one and one-fourth cupfuls of granulated sugar in a frying pan, without water. Stir the sugar constantly over a hot fire till it melts and browns. Have ready a pint of milk heated almost to boiling point. Pour the melted sugar into the hot milk, when it will at once form in a large lump, but by stirring continually it will again dissolve. Set aside to cool, then add a good one-half pint of cream and a scant one-half teaspoonful of vanilla. Strain and freeze. This makes one quart of ice cream.

ICE CREAM WITH GELATINE

One pint of rich cream, one cup of milk, one cup of sugar, whites of two eggs well beaten, and one tablespoonful of gelatine dissolved in hot water. Flavor to taste.

SUNDAES

Cut two figs (of some large, fine brand), into quarters and mix with vanilla cream, put in stem ice cream glasses and pour some of the juice over the top. The figs give a fine flavor to the cream.

CENTRAL SUNDAE

A half pound of English walnuts, half pound pecans chopped together with one teacupful of powdered sugar; add enough maple syrup to suit the taste. Pour over plain ice cream and serve in stem glasses.

CHERRY EARL

Very popular. Simply maraschino cherries poured over ice cream.

BLACK AND WHITE

Layer of ice cream with chocolate sauce poured over. Another layer of cream and sauce. Dark red cherry on top.

FRUITS, JELLIES, PRESERVES

"Waste not, want not" and "Many a time a small leak has sunk a great ship." And so it is with the canning of fruit. The thrifty housekeeper is always concerned in household economy and she instinctively in times of plenty prepares for times of need.

During the canning season it is best for economy's sake to can fruit scientifically, and when canned goods spoil, she will know at once it is due to the fact that either the jars, covers, rubbers or contents are not perfectly sterilized or not on tight which they must be. There is quite a variety of glass jars on the market for canning fruits, all of which are satisfactory. To avoid trouble be sure that the covers are in perfect condition, and that you have the best of rubbers. Another thing that helps the housekeeper is the can tighteners which can be bought at almost any hardware store. Never use left over rubbers, it is not the best economy to do so. Use absolutely no tin cans or tin ware of any kind, it is not safe. To sterilize jelly tumblers, wash the glasses thoroughly and put them in a kettle and cover with cold water, place on the stove or range and heat gradually until the water comes to a boiling point. Remove the glasses and drain. Fill the glasses at once with the jelly or fruit placing the glasses while filling on a cloth wrung out of hot water. Set aside to cool, when cool cover air tight and set away in a cool dark place for the winter. To sterilize fruit jars,

covers and rubbers, wash the same as jelly tumblers, then fill them with cold water, set in a kettle on a trivet, fill the kettle nearly to the top of the jars with cold water, place on the range and let the water come to a boiling point gradually. Remove the jars from the water, empty, then fill them while hot, placing the jars while filling them on a cloth wrung out of hot water, being careful there is not a draught of air coming on them, be sure to have the cloth come well up around the jar while filling. Put the covers in boiling water and let stand at least eight minutes, dip the rubbers in and out of the hot water, but do not let them stand in the water. Every housekeeper should have a jelly bag, it is one of the indispensables and it takes very little time to make one. Fold the opposite corners of a piece of cotton and wool flannel three-fourths of a yard long. Sew up in the form of a cornucopia, rounding at the end, then fell the seam to make secure, hem the top, and furnish with two tape loops, by which to hang it.

Fruits for canning should be perfectly fresh and free from blemish, and not overripe and of the best quality. For canning fruit allow one-third its weight in sugar and three cupfuls of water to each pound of sugar. Boil the sugar and water in a preserving kettle for ten minutes to make a thin syrup, then cook a small quantity of the fruit at a time in the syrup, this keeps the fruit in perfect shape. Place the jars on a cloth wrung out of hot water and fill with the fruit and enough syrup to overflow the jars, if there is not sufficient syrup to overflow the last jar to be filled add the boiling water as the jar must be filled to overflowing. Introduce the handle of a silver spoon between the fruit and jar that the air bubbles may rise to the top and break, then very quickly put on the rubbers and covers that have been sterilized, and take care that the jars are air tight.

A FEW RULES TO OBSERVE

Never use left-over rubbers.

Be sure the covers of fruit-jars are in perfect condition.

Never under any circumstances use tin.

Wash and sterilize, jars, covers and rubbers.

Buy absolutely fresh perfect fruit, not over ripe for preserving or jelly making.

Granite ware is the only ware to use in cooking.

Tinned goods of all kinds, as soon as opened, should have the contents turned out into a china or granite-ware vessel.

Never be without a jelly bag.

The best covers for jelly tumblers are made by cutting letter paper into circular pieces just to fit in the top of the jelly glasses. Dip in brandy and cover the jelly. Put on second covers made of circular pieces cut larger than the glasses, and fasten securely over the edge with paste, or tie with twine.

Wooden spoons are the thing for preserving, silver ones for the testing of jelly.

Sugar for jelly making should be put in a granite pan, placed in the oven leaving the oven door ajar and stirred often, till it seems warm and dry. This quickens the process of making juice jellies.

CURRANT JELLY

Currants to be used for jelly-making should be underripe rather than overripe, and should not be picked directly after a rain. Cherry currants are usually considered to make the best jelly. Equal proportions of red and white currants are desirable, making a lighter colored jelly than as if all red ones are used. Pick over the currants, but do not remove the stems; wash and drain. Mash a few in the bottom of a preserving

kettle using a wooden masher, and so continue until all the berries are used. Bring slowly to the boiling point, and let simmer until the currants look white. Strain through a coarse strainer, then allow the juice to drop through a jelly-bag. Measure the juice, bring to the boiling point, and let boil five minutes. Add an equal measure of heated sugar, boil three minutes, skim, and pour into sterilized glasses, set on a cloth wrung out of hot water. Place in a sunny window and let stand twenty-four hours, then cover.

RASPBERRY JELLY

Wild raspberries as well as wild strawberries, make the best jellies. They should not be overripe, should be among the first pickings, and not gathered directly after a rain. In making raspberry jelly, one has to but follow the recipe for currant jelly, using raspberries in place of currants. When currants and raspberries are used in equal proportions a delicious jelly is the result.

GRAPE JELLY

Stem and pick over the grapes carefully. Mash well, and pour all into a preserving kettle and cook slowly for ten minutes to extract the juice. Strain through a colander, and then through a jelly-bag, keeping it as hot as possible as it jellies much quicker. A few quince seeds boiled with the grapes the first time tend to stiffen it. Allow a pound of loaf sugar to every pint of juice, and boil fast for twenty-five minutes. Try a little on a cold dish and when it seems done, remove and put into jelly glasses.

QUINCE JELLY

Wipe the quinces, remove stem and blossom ends, cut in quarters and remove the seeds. Put in a granite

ware preserving kettle, and add cold water to come nearly to the top of the fruit. Cover, and cook slowly until the fruit is soft. Mash and drain through a coarse sieve; then allow the juice to drip through a jelly-bag. Boil for twenty minutes, add an equal quantity of heated sugar, boil for five minutes, skim. Let stand twenty-four hours in a light place, then cover.

CRAB-APPLE JELLY

Follow recipe for quince jelly, having the fruit whole, instead of cutting in quarters.

PLUM JELLY

To one peck of plums add three pints of water, boil until soft, pour into a jelly bag and let it drip, but do not squeeze. Take equal weights of juice and sugar, and boil twenty minutes or until it jellies.

SPICED PEACHES

Five pounds of peaches, two and a half pounds of sugar, one-quarter of a pint of cider vinegar, a quarter of an ounce of stick cinnamon, a quarter of an ounce of whole cloves, a quarter of a teaspoonful of whole allspice, and an eighth of a nutmeg broken into bits. Boil the sugar and vinegar together fifteen minutes. Put in enough peeled peaches to cover the bottom of the kettle and cook gently until a straw will pierce them easily. Skim the peaches out very carefully. Put them on a hot platter and cook the remainder of the peaches in the same way. When done, drain off the juice, put it in the kettle, boil up, and skim. Put the peaches in a stone jar, pour the hot syrup over them, tie the spices in a bag and lay on top. Cover closely, and in five days pour off the juice, boil up, and pour hot over the peaches. Cover tightly, with heavy brown paper or a coarse cloth. Keep in a cold, dry, dark place.

CANNED PEACHES

Above all, peaches must be spotless and not too ripe. Peel carefully, but do not stone them, as it adds to the flavor. Allow one pint of water and one cupful of sugar to every quart of peaches. Boil sugar and water for fifteen minutes; then add the peaches a few at a time and boil gently, and when a broom straw will pierce them easily they have cooked enough. Put the peaches in jars that have been well heated with boiling water, put the peaches in two-thirds full. Boil and skim the syrup and pour over the peaches until the jars are full. Seal at once. Keep canned goods in a cool, dark place, the darker the better.

PRESERVED PEACHES

Select sound, ripe peaches. Peel, halve, and stone them. For every quart of peaches an equal amount of sugar. To every three pounds of sugar, add one cupful of boiling water. Melt, and boil fifteen minutes. Then drop in the peaches and cook them until a straw will pierce them easily. Skim carefully and put into heated jars. Boil and skim the syrup eight minutes longer, fill the jars with the syrup and seal.

A good plan is to halve and stone them before peeling or take a dozen or more peaches and scald them by pouring boiling water over them and let stand two minutes, no longer. In this way they will easily peel.

PRESERVED CHERRIES

Take large, ripe cherries, and to each pound of cherries allow a pound of loaf sugar. Stone the cherries and save the juice that comes from them in the process. As you stone them, throw them into a large pan or tureen and throw half the sugar over them and let them lie in it two hours after they are all stoned. Then put them in the kettle with the remainder of

the sugar. Boil and skim them till the fruit is clear and the syrup thick. Put away in tightly sealed jars.

PRESERVED WATERMELON

Take the thick rind of a ripe watermelon, cut it into small strips, cut off all the red part and scrape the outside. Boil the rind with peach leaves and saleratus—twelve leaves and one teaspoonful of saleratus to two quarts of water. This will turn them green. Boil till tender, then take them out and put them into cold water with a half tablespoonful of alum dissolved in it to make them brittle. Let them soak one hour. Then rinse them in clear water and boil fifteen or twenty minutes in a syrup of equal parts of sugar and water adding lemons cut into small pieces, allowing one lemon to two pounds of rind. When cool, add a little extract of ginger. Let them stand three days. Then pour the syrup off, boil it till very rich, and just cover the rinds. Pour on boiling hot.

PRESERVED CITRON

Pare the green rind from the citron, scrape the inside well, cut into pieces not more than two inches long, boil in clear water till easily pierced with a straw; make a syrup of one pound sugar to every pound fruit, one-half pint water to each pound sugar, juice of one lemon, one-half ounce ginger to each pound fruit; boil all together till the citron is transparent, and bottle while hot; tie the ginger in a cheesecloth bag, and take out before canning the preserves.

PRESERVED QUINCES

Pare, core and quarter your fruit, then weigh it and allow an equal quantity of white sugar. Take the parings and cores and put in a preserving kettle; cover

them with water and boil for half an hour; then strain through a hair sieve, and put the juice back into the kettle and boil the quinces in it a little at a time until they are tender, lift out as they are done with a drainer and lay on a dish; if the liquid seems scarce, add more water. When all are cooked, throw into this liquor the sugar, and allow it to boil ten minutes before putting in the quinces; let them boil until they change color, say one hour and a quarter, on a slow fire; while they are boiling occasionally slip a silver spoon under them to see that they do not burn, but on no account stir them. Have two fresh lemons cut in thin slices, and when the fruit is being put in jars lay a slice or two in each. Quinces may be steamed until tender.

PRESERVED EGG PLUMS

Use a pound of sugar for a pound of plums; wash the plums and wipe dry; put the sugar on a slow fire in the preserving kettle, with as much water as will melt the sugar and let it simmer slowly; then prick each plum thoroughly with a needle, or a fork with fine prongs and place a layer of them in the syrup; let them cook until they lose their color a little and the skins begin to break; then lift them out with a perforated skimmer and place them singly in a large dish to cool; then put another layer of plums in the syrup and let them cook and cool in the same manner, until the whole are done; as they cool, carefully replace the broken skins so as not to spoil the appearance of the plums; when the last layer is finished, return the first to the kettle, and boil until transparent: do the same with each layer; while the latest cooked are cooling, place the first in glass jars; when all are done, pour the hot syrup over them; when they are cold, close as usual; the jelly should be of the color and consistency of rich wine jelly.

PRESERVED LEMONS

Select large, juicy lemons having skins of medium thickness. Soak them for a few moments, then scrub with a soft brush to insure perfect cleanliness. Drop into boiling water and boil granulated sugar with one-half its measure of water until it forms a soft ball when tested in cold water. Drain the lemons, drop into the syrup and simmer for fifteen minutes. Take from the fire for an hour, reheat and simmer another fifteen minutes. Repeat this twice more, with an hour interval between each cooking, then set away over night. Drain off and measure the syrup; add one-quarter its volume of sugar and repeat the four boilings of the day before. Transfer the lemons to fruit jars. Seal at once.

PRESERVED CRANBERRIES

The cranberries must be large and ripe. Wash them and to six quarts of cranberries allow nine pounds of the best loaf sugar. Take three quarts of the cranberries and put them into a stew pan with a pint and a half of water. Cover the pan and boil or stew them till they are all to pieces. Then squeeze the juice through a jelly bag. Put the sugar into a preserving kettle, pour the cranberry juice over it and let it stand until it is all melted, stirring it up frequently. Then place the kettle over the fire and put in the remaining three quarts of whole cranberries. Let them boil till they are tender, clear and of a bright color, skimming them frequently. When done, put them into jars with the syrup, which should be like a thick jelly.

TO PRESERVE BERRIES WHOLE

Buy the fruit when not too ripe, pick over immediately, wash if absolutely necessary and put in glass jars, filling each one about two-thirds full. Put

in the preserving kettle a pound of sugar and one cupful of water for every two pounds of fruit, and let it come to a boil. Pour this syrup into the jars over berries, filling them up to the brim; then set the jars in a pot of cold water on the stove, and let the water boil and the fruit become scalding hot. Now take them out and seal perfectly tight. If this process is followed thoroughly, the fruit will keep for several years.

ORANGE MARMALADE

Slice with a sharp knife nine oranges and six lemons cross-wise as thin as possible; remove the seeds and put in a preserving kettle with four quarts of cold water. Cover and let stand for thirty-six hours. Let boil for two hours, add eight pounds of sugar, and then let boil for two hours. Turn into jelly glasses.

PLUM MARMALADE

After the juice is taken from the plums, rub the pulp through a collander. To this add an equal amount of sugar and boil twenty minutes. Put up like jelly.

QUINCE MARMALADE

Wipe the fruit, remove the stem and blossom ends, cut in quarters and remove the seeds. Put in a granite-ware preserving kettle, and add nearly water enough to cover the fruit. Cook slowly until soft. Rub through a hair sieve, and add three-fourths of its measure of heated sugar. Cook slowly twenty minutes, stirring occasionally to prevent burning. Put into sterilized jelly glasses.

QUINCE HONEY

Pare and grate five large quinces. To two cupfuls of boiling water add five pounds of granulated sugar.

Stir over the fire until the sugar is dissolved, add the quinces and cook fifteen minutes. Turn into sterilized jelly glasses. When cold it should be about the color and consistency of honey.

RASPBERRY JAM

Pick over the raspberries. Mash a few in the bottom of a preserving kettle, using a wooden masher, and so continue until all the fruit is used. Heat slowly to the boiling point, and add gradually an equal quantity of heated sugar. Cook slowly forty minutes and put in a stone jar or jelly tumblers.

CANNED FRUIT JUICES

Canned fruit juices are an excellent substitute for brandy or wine in all puddings and sauces, etc.

It is a good plan to can pure juices of fruit in the summer time, putting it by for this purpose.

Select clean fruit, press out the juice and strain it through a flannel cloth. To each pint of juice add one cupful of white granulated sugar. Put it in a porcelain kettle, bring it to the boiling point, and bottle while hot in small bottles. It must be sealed very tight while it is hot. Will keep a long time, the same as canned fruit.

UNFERMENTED GRAPE JUICE

Wash, pick over and drain ten pounds of grapes, from which the stems have been removed. Put into a preserving kettle, and add one cupful of cold water. Heat until the stones and pulp separate, then strain through a jelly-bag; add three pounds of granulated sugar, heat to the boiling point, and bottle. Ten pounds of grapes will make one gallon of grape juice.

AMBROSIA

Two sweet oranges peeled and sliced, four slices of pineapple, and a half cupful of grated cocoanut. Place alternate layers of orange and pineapple with the grated cocoanut between, and sprinkle pulverized sugar over each layer. This is delicious.

RASPBERRIES

There is no more delicious fruit than the red raspberry, not one which can be served in a greater variety of ways. Below are given a number of reliable recipes:

Raspberry Float.—Mash a pint of red raspberries; add two-thirds cup of sugar. Beat the whites of four eggs until stiff, then add one-third cup of fine sugar. Rub the crushed berries through a sieve and add slowly one spoonful at a time of the juice to the eggs, beating slowly and constantly, until the mixture will stand alone. Serve on a fancy dish well chilled.

Raspberry Cream.—Crush a pint of fresh red raspberries and rub them through a sieve to remove all seeds. Place a pint of cream in a double boiler until it reaches the boiling point, then stir slowly into the raspberry juice; add one-half cup of sugar or more if preferred, and cool. Pour into sherbet glasses and place on top of each a spoonful of whipped cream.

Red Raspberry Shortcake.—Make a crust, allowing one heaping tablespoonful of butter and one teaspoonful of baking powder to every cup of flour. Roll thin and bake on a large pie plate or tin; spread butter between the two layers so they can be separated without cutting; spread again with butter and fill with fresh raspberries, which have stood with sugar over them for one-half hour or longer. Serve at once.

Raspberry and Currant Shrub.—Mix together one quart of red raspberries and one pint of red currants,

both of which are very ripe. Heat over the fire, mash and squeeze through a jelly bag; strain until clear. Add two cups of granulated sugar and two cups of water which have been boiled together until clear. When ready to serve add two quarts of ice water.

Raspberry Shrub.—Place in a stone jar six quarts of raspberries, cover with a pure cider vinegar and let stand twenty-four hours, then strain through a jelly bag. Place six quarts of fresh berries in the juice and let them remain there twenty-four hours; squeeze through a jelly bag and afterwards through a cheese-cloth. Allow one pound of sugar to each pint of juice. Place in a porcelain kettle over the fire and let it boil rapidly ten minutes; remove with a skimmer anything which rises on it; pour into bottles and seal. One cup of this added to one quart of water makes a pleasant drink in hot weather.

Raspberry Sauce.—For sponge or other pudding. One cup of powdered sugar, one-half-cup of butter beaten to a cream until very light, then add the well beaten white of one egg and one small cup of crushed red raspberries very slowly. Chill on ice for three or four hours before serving.

RELISHES

CUCUMBER PICKLES

Select small cucumbers, wash and wipe them, tip the ends, but do not peel. Slice thin and pack into pint jars. When full to the top, add one tablespoonful of salt and one of whole white mustard seed, pour over enough vinegar to cover. Cover tightly and put away in a cool, dry place. Do not open in less than two weeks. Excellent.

GREEN TOMATO PICKLES

Three quarts of green tomatoes sliced in inch-thick slices, one pint of white onions, and four green peppers sliced thinly. Put them with salt in layers in an earthen jar to stand over night. Use a half cupful of fine table salt. In the morning drain an hour in a colander, then put them into a kettle, pour over them one pint and a half of cider vinegar, add a quarter of a cupful of sugar, a half tablespoonful of whole cloves, a quarter of an ounce of stick cinnamon broken into bits, and a few allspice, tied up in bag. Cook slowly for twenty minutes. Just before removing from the fire add half an ounce of mustard seed, stir lightly with a wooden spoon, and put away in an earthen jar well covered for three weeks, in a cool place. Then put it on the stove again and boil up with a quarter of a cupful of sugar and seal in hot jars.

WATERMELON PICKLES

Cut the melon into any shape desired. Make a weak solution of alum and pour over it, let it stand twenty-four hours, then scald in clear water and drain. To

seven pounds of rind, take one quart of good cider vinegar, four pounds of sugar and a half pint of ginger root. Put in the rind and boil until it looks nice and clear, then remove the rind to a jar, boil the liquid until it is a rich syrup, and pour over the rind. When cool cover the jar tightly and set away in a cool place.

PICKLED GREEN PEPPERS

Take one dozen large, green, bell peppers, extract the seeds by cutting a slit in the sides so as to leave them whole. Make a strong salt brine and pour over them, and let stand twenty-four hours, then take them out of the brine and soak in water sixteen hours. Turn off the water and scald a pint of vinegar, in which put a small piece of alum and pour over them, letting them stand three days. Prepare a stuffing of one hard head of white cabbage, chopped very fine, and seasoned with a little salt and a half cupful of white mustard seed. Mix all well and stuff the peppers hard and full, then stitch up each pepper with a darning needle and coarse thread, place them in a stone jar and pour over the spiced vinegar scalding hot. Cover tightly.

CHILI SAUCE

Select eighteen large, ripe tomatoes, five good-sized onions, and two red peppers; chop fine, and add two tablespoonfuls of salt, one tablespoonful each of cinnamon, cloves and allspice (ground), an eighth of an ounce of mace broken into bits. Mix all thoroughly, then add one pound of brown sugar and three and a half cupfuls of vinegar and half an ounce of ginger. Put into a granite kettle. Cook till thick as catsup, stirring often, but do not strain. Put away in tightly corked bottles or jars.

PICKLED ONIONS

Peel small onions until they are white. Scald them in salt and water until tender, then take them up, put

them into wide-mouthed bottles, and pour over them hot spiced vinegar; when cold, cork them close. Keep in a dry, dark place. A tablespoonful of sweet oil may be put in the bottles before the cork. The best sort of onions for pickling are the small white buttons.

SPICED CHERRIES

Select fine large cherries; wash well and drain five pounds; boil one quart vinegar with two pounds sugar, two ounces white cloves and the rind of lemon peeled thinly; tie the spices in bit of cheesecloth, simmer all together for twenty minutes; when boiling hot pour over the cherries; cover closely and let stand till the next day; drain off the juice and boil again, and pour boiling hot over the cherries; repeat this twice more and seal. These are delicious.

SPICED CURRANTS

Four pounds of fruit, three pounds of brown sugar, half a pint of vinegar, one tablespoonful each of ground cloves and cinnamon. Put in an agate saucepan and boil slowly two hours. Be very careful not to burn; stir often. Put away in tightly covered jars.

RED CURRANTS WITH ORANGES AND RAISINS

Five pounds of currants, three and one-half pounds of sugar, one pound of raisins, three pounds of oranges. Wash and stem currants, stone raisins, and cut oranges into small pieces. Boil the currants twenty minutes; add the raisins and cook a little longer, then add the sugar and let it come to a boil, then put in the oranges. Remove from the fire and put in jelly glasses. This recipe fills fifteen glasses.

CANDIES AND CONFECTIONS

HOLIDAY CANDY-MAKING AT HOME

The cream candies should be put into a closely covered dish as soon as cold, and they are much better after being kept this way for several days. Horehound, butter-scotch, taffy, etc., should also be kept covered, as this prevents them from becoming moist and sticky.

Fondant is the foundation for innumerable kinds of cream candies and is made as follows:

Two cupfuls of granulated sugar, one cupful of hot water, and one-third of a teaspoonful of cream of tartar. Place on the back of the stove and stir until thoroughly dissolved. If there are any grains around the sides of the pan, clean off with a damp cloth before letting it come to a boil. Boil over a quick fire until a little of it dropped into cold water will make a soft ball. Remove the mixture from the fire and put it aside to cool, leaving it in the dish in which it was cooked. Do not put it into cold water to cool. When cool (not cold) stir until it becomes a thick creamy mass. When it is too hard to stir any more, take it into the hands and knead. Kneading the fondant has somewhat the same effect on the candy as kneading dough has upon bread; it makes it light and smooth. Then put it into an earthen dish, cover with a slightly dampened cloth and let stand until desired for use. It will be better after standing for two or three days, and it will keep for a week or more. If the fondant is grainy after being stirred, put more water with it, dis-

solve again and cook as before, taking care not to jar the pan either while it is cooking or cooling.

For pink fondant use the same proportions as for the white, adding half a tablespoonful of pink sugar, which can be bought of a confectioner and is inexpensive, a small quantity lasting a long time.

For maple fondant use: Two cupfuls of light-brown (coffee C) sugar, a cupful of maple syrup, a cupful of hot water and one-third of a teaspoonful of cream of tartar. This is more easily made than either of the other kinds, as the brown sugar is more moist than the white and is not as likely to grain. It is, therefore, a good one with which to begin.

NUT WAFERS

Use white fondant for these. It is not well to melt too much at a time, because it will get hard before you can drop it all. Have ready over the fire a pan with about half an inch of water in it. Put the fondant into a small stew-pan and place the pan in the water for the fondant to melt. Flavor with vanilla, stir in broken walnut meats and drop from a spoon on parafine paper. Pecan nuts, black walnuts, hickory nuts, etc., may also be treated in this way.

COCOANUT WAFERS

Use white fondant. Melt, flavor with vanilla and mix in shredded cocoanut until quite stiff; then drop on paraffine paper.

PEPPERMINT AND WINTERGREEN WAFERS

Use white fondant, or pink for the wintergreen, if preferred. Melt, flavor with two or three drops of peppermint or wintergreen oil and drop on the paper in small round wafers. These are very nice and are

more quickly made than any of the others, as well as less expensive. Maple wafers may be made in the same way, but no flavoring is necessary for them.

WALNUT CREAMS

These may be made with either the white or maple fondant. Roll a piece of the fondant into a ball and press well into each side half walnut meat, then lay aside on paraffine paper to harden. The white fondant should have a few drops of vanilla worked into it before being made up into balls.

OPERA CREAMS

Two cups sugar, one cup cream and boil till it makes a soft ball when dropped in water. Flavor with vanilla, stir till cool, then work on the bread board. Spread on a plate and cut in squares.

CREAM TAFFY

Take two pounds of light brown sugar; pour over it enough cold water to cover it well before putting it over the fire; after it begins to boil add a tablespoonful of vinegar; just before the taffy is done put in a lump of butter the size of a small egg; cook till it will be quite hard when dropped into cold water. Do not stir at all or the taffy will be sugar before pulled. Remove from the fire and put in flavoring; pour quickly into well buttered platters and set in a cool place. Begin to pull as soon as it is possible to take it into the hands. The quicker it is pulled the better it will be. If a flavor is desired add one tablespoonful of grated chocolate to each platter just after it is poured out. As the taffy is pulled the chocolate will mix with it. Pull as long as possible, till it is quite hard and very white, and cut in small pieces; put aside for several hours. It will cream nicely.

BUTTER SCOTCH

Two cupfuls of granulated sugar, one cupful of Golden Drip syrup, half a cupful of butter. Cook the ingredients until they make a hard ball when dropped into water. Pour into buttered pans, having the candy about half an inch thick. Cut into squares when cool and wrap in paraffine paper.

FUDGE

Two cups sugar and one cup cream or milk, one-fourth pound chocolate unsweetened, small piece of butter; when it begins to boil stir constantly; when it hardens slightly in water take from range; flavor with vanilla and stir till cool; turn on a buttered tin; when cold cut in squares.

WALNUT PANOUCHI

Four cups of light brown sugar, one-half cup cream or milk. Boil five minutes. Put in one cup chopped walnut meats, boil about three minutes, then take off and stir until cool and thick enough to put on buttered platter.

COCOANUT CANDY

Two cups sugar and one-half cup water; boil till it crisps in water; then remove from range and stir till creamy; add one grated cocoanut and turn in buttered tin; when cold cut in squares; use this cream for peppermint cream; flavor with essence of peppermint.

MAPLE CANDY

One cup maple sugar, one-half cup cream; boil till it creams and when stirred drop by teaspoonfuls on a buttered dish; place one-half English walnut on each piece candy.

CHOCOLATE CARAMELS

One cup of grated chocolate, one cup of molasses, one cup brown sugar, butter size of small egg; put all in saucepan, except chocolate; test by dropping in cold water; when done pour on buttered pans.

HOME CARAMELS

One-half pint baker's chocolate grated, one-half pint sugar, one-half pint molasses, one-half gill milk and butter size of an egg; boil till it hardens in water.

BRANDY TUTTI FRUTTI

Just before strawberry season put one quart of brandy and three pounds of sugar in a three gallon jar; stir this frequently and when strawberries are ripe hull three pounds and put them in the jar, with three pounds of sugar. Always add an equal weight of fruit and sugar. Add each fruit in season. Stone the cherries; plums must be cut in pieces; peaches and apricots pared and sliced; pineapples are a delicious addition. This mixture must be covered closely in a cool place and stirred every day until the jar is full. Serve with ice cream and blanc manges.

KISSES

Six ounces of powdered sugar, three ounces of butter; beat to a cream. Add whites of three eggs, well beaten, soda size of a pea dissolved in a little hot water, flour to roll in a thin sheet; cut in small cakes.

EXTRA GOOD KISSES

Whites of eight eggs beaten stiff, one pound pulverized sugar. Flavor to taste and beat the sugar in by the teaspoonful; after adding the sugar beat one hour. The kisses to be light and crisp should bake thirty minutes.

TO CANDY FRUITS OR NUTS

Boil in an agate sauce pan, one pound granulated sugar and one gill butter, till a drop of syrup is brittle in ice water; add a tablespoonful of lemon juice to the syrup and set the sauce pan in a pan of boiling water; take each piece of fruit with the sugar tongs; dip into the syrup till each piece is covered; then lay on waxed paper to dry.

CANDIED ORANGE PEEL

When oranges are used save the peels by putting in a jar of salt and water; when there are what you wish to candy put them on the stove in cold water; boil up well and drain and put in clear water, changing till the bitter is out of the peel and they are tender; when tender chop and weigh; take pound for pound of sugar and orange peel; add a little water to dissolve the sugar; put in the peel and cook till clear; remove from the syrup and put on plates, with sugar, and set in warming closet to dry.

HOREHOUND

Packages of horehound can be bought of a druggist at trifling expense. Two-thirds of a teaspoonful of this steeped for a few minutes makes a flavor strong enough for three cupfuls of sugar. Use the proportions of a cupful of water to two cupfuls of sugar and half a teaspoonful of cream of tartar. Strain the tea carefully and pour it over the sugar; add water and cream of tartar and stir until thoroughly dissolved. Boil until when dropped into water it is very brittle and does not seem at all chewy. Pour into pans and mark into squares when cool. If covered, this will keep for weeks without getting sticky. Half a cupful of Coffee C sugar added to the granulated makes a better color for this candy.

INVALID COOKING

GRUELS

Any kind of grain requires long, slow cooking.

RICE GRUEL

Two level tablespoonfuls of cracked or crushed rice, two cupfuls of boiling salted water. Cook two hours over hot water. Strain out the grains and dilute with milk or cream. Serve hot or cold. It is delicious with whipped cream.

INDIAN MEAL GRUEL

One quart boiling water, one tablespoonful flour, two tablespoonfuls white corn meal, one-half cupful cold water, one-half teaspoonful salt; mix the flour, meal and salt in the cold water, add to the boiling water and cook ten or fifteen minutes, stirring all the time. Remove to the back of range and let cook half an hour longer, stirring it occasionally; strain through very fine sieve or cloth. To each cup of the gruel add one-half cup of milk, one-fourth teaspoonful of butter, more salt if needed, and a tiny bit of sugar if the gruel is liked better sweetened; a teaspoonful of whipped cream added to a cupful of gruel makes it more tempting; place the cream on top of the cup just as it is ready to serve.

OATMEAL GRUEL

One cupful oatmeal, three pints cold water; boil slowly three hours or more until the oatmeal is creamy.

Strain through a fine sieve, rubbing part of the oatmeal through. Do not try to rub too much or the gruel will be too thick. This can be set in the ice box and reheated as needed, but it should be strained from the dish in which it is prepared into cups, as the jelly is apt to remain in little particles in the milk. For each cup of the prepared gruel add one-half cupful milk, one-fourth teaspoonful butter, salt to taste. One teaspoonful sugar is considered an addition by some.

BARLEY GRUEL

Barley gruel is made the same as the oatmeal gruel, substituting washed barley for the oatmeal.

EGG GRUEL

Separate the yolk and white of an egg, beat both very stiff, add a few drops of lemon juice to the yolk, add one tablespoonful, more or less, of sugar to the beaten white, fold the white into the yolk and pour over all one cup of heated milk, beating rapidly all the time. Flavor as desired.

MUSHES

The following formula will apply to the cooking of all cereals. The importance of the long cooking of all starchy material cannot be too strongly emphasized.

To one cupful of cereal, add one teaspoonful of salt. Have the water boiling rapidly, drop in the cereal slowly, that the water may not cease boiling, cook rapidly directly over the fire until the starch grains have swollen and burst open the cellulose pockets, and the mixture has thickened and settled. Now place the top of the double boiler over the lower part and steam from six to eight hours. The amount of water used should be one-fourth more than is given on the package.

An attractive method of serving mush is to remove the core of an apple, making a large cavity, steam it

and when done fill the cavity with cooked cereal. If it is desired to serve more cereal, a wall of cereal may be formed around the apple. Serve with cream and sugar to taste. Dates, figs and raisins properly prepared may be served with the cereals.

BEEF JUICE

Beef juice obtained from best round steak, which has been merely heated through over the coals, and then entirely deprived of soluble substances by a meat press, is the most concentrated form of liquid food. If prepared with the most scrupulous neatness from the best materials and served at once, it leaves nothing to be desired. To prepare the press for use in making the beef juice, it should stand in boiling water for thirty minutes.

Take beef from upper part of round, broil over coals, holding broiler close to the coals (when it is not possible to have coals it may be broiled on a very hot pan) until well browned. Now put pieces in the press that has been standing in hot water, and press out the juices into a cup standing in hot water. Season with a little salt and pepper, and it is ready to serve. It is often offered to a sick person in a red glass, that the color may not be offensive. It may be taken to the sick room in a bowl of hot water that it may be served hot. Hot water added, it becomes beef tea.

BEEF TEA

Two pounds lean beaf, one and one-half quarts cold water; chop the beef fine, pour on the water, let stand one hour, then set back on the range and let come to a boil slowly. Simmer one hour, strain through cheese cloth, and season to taste. Serve very hot.

TO CLARIFY BEEF TEA

Add one-half white of egg slightly beaten to one pint

of cold beef tea; let it come to a boil and strain through cheese cloth.

BEEF BROTH

A nutritious beef broth that can be kept a week in the winter is made in this way: Order three pounds of solid beef from the shoulder or shin and three pounds of bone from the shank. Have the butcher crack the latter. Trim off any dried pieces of skin or soft or bloody portions of meat, and put the bones and meat in a stone jar. Cover with four quarts of cold water, set in a slow oven and cook, covered, from eight to twelve hours. Strain and season with two teaspoonfuls of salt. Set aside, uncovered, to cool. If you wish to keep it for several days do not remove the fat, which will rise to the top and harden. Take out a little as needed, heat and serve very hot.

BROILED TENDERLOIN

Cut an inch slice of tenderloin, broil eight minutes over coals, turning every ten seconds. At the same time broil a small piece of round. Press the juice of the round over the tenderloin, season with butter, salt and lemon juice. A little minced parsley may be added.

MUTTON BROTH

One neck of mutton, one-fourth cupful pearl barley, one stalk celery, one onion, one sprig parsley, one teaspoonful of salt; cover the meat with cold water after it is washed and cut into rather small pieces, add the washed barley; let it come to a boil slowly, add the vegetables cut small and one teaspoonful salt. Simmer until the meat drops from the bones; let the broth become cold. Remove every particle of fat, strain through cloth or fine wire sieve; boil, pour into cups and put a tablespoonful of whipped cream on each cup of the hot broth.

CLAM BROTH

This will be found specially acceptable before breakfast and it is so easily prepared that it can be made fresh daily. Procure a dozen clams in the shell, scrub well in cold water to remove every particle of sand, place in a saucepan, cover with boiling water—about a pint—and boil about fifteen minutes, or until all the clams are open. Take out the shells, chop the clams fine, skim the broth, return the clams to it, season to taste, with a tiny bit of butter or cream, pepper and salt, if necessary, and serve piping hot in a cup with toast or crackers. It may be necessary to strain the clams out entirely for one very ill, but all the properties of the clam with the lime in the shells are preserved in the broth.

CHICKEN BROTH

Heat one pint of chicken stock boiling hot. Beat two eggs and yolks well, add to boiling mixture and cook three minutes. Flavor with sherry and serve hot.

CHICKEN JELLY

Pound one-half raw chicken, bones and meat together, with a wooden potato masher or mallet. Heat slowly in three pints of cold water. Cover and cook until the meat is in shreds and the water reduced one-half. Strain through a hair sieve and season with pepper and salt, then let it simmer about five minutes. When cold, skim, keep on ice, and serve with wafers. Very nourishing for the convalescent.

CHICKEN CUSTARD

To one-half pint of cream add one-half pint of strained chicken stock; heat in a double boiler. When hot add the well beaten yolks of two eggs. Cook to the consistency of soft custard. Season with salt and turn into cups, and serve cold.

SOUPS

Milk soups are another way of serving hot milk, flavored with more or less pulp of the vegetables that grow above the ground, which are tender and rich in mineral substances. The milk should not be heated above 160 degrees Fahr.

CREAM OF CELERY SOUP

Cook celery until soft, mash and rub through a sieve. This is celery purée. Add five or six drops of onion juice to the purée. Melt one level tablespoonful of butter, add the same amount of flour and cook together until frothy. To the flour and butter add one-fourth of a cupful of celery purée and one-half cupful of boiling water and cook together five minutes, then add one-fourth cupful of milk and the same of cream. Heat to 160 degrees Fahr. and serve seasoned with salt and pepper.

GREEN PEA SOUP

Cook together as above one-half tablespoonful of butter and flour, add one-fourth cupful of hot milk, cook until it thickens a very little, add two level tablespoonfuls of cooked and strained pea-pulp, seasoned with one-eighth of a teaspoonful of salt and one-fourth of a teaspoonful of sugar. You may add a little whipped cream. Serve hot.

BAKED CUSTARD

Many cooks believe that the baked custard must be served in the baking dish or cup, and they never attempt to unmould it; this can be done easily if the mould is buttered before the custard is poured in. If the moulds are small the usual proportion of eggs is sufficient, but if large, it is well to add one more egg to a quart of milk. Scald one pint of milk and pour over three beaten eggs, beaten with one-quarter cupful

of sugar, one-quarter level teaspoonful of salt, and one-half teaspoonful flavoring. Strain into buttered mould holding one and one-half pints. Set in a pan of hot water in a moderate oven and bake slowly until firm, then unmould onto a dish for serving.

FLOATING ISLAND

As the convalescent nears the pudding stage, an old-fashioned floating island is nourishing and digestible. Heat a pint and a half of milk in the double boiler until scalding, but do not allow it to boil. Beat the yolks of three eggs with four tablespoonfuls of sugar, and pour over the egg and sugar very gradually a cupful of the hot milk. Return to the boiler with the rest of the milk and cook until it begins to thicken. When cooked flavor with a teaspoonful of vanilla or orange and pour into a glass dish. Beat the whites of the eggs to a stiff froth, adding a half cup of currant jelly, a teaspoonful at a time. Spread over the custard and place in a rather cool oven for a few moments to "set."

FRIZZLED EGGS

Put a piece of butter the size of a small nut in a cup with a pinch of salt, a little white pepper. Break in two eggs without stirring. Cook in a pan of boiling water until the whites are set. Serve immediately.

EGG NOG

Beat three eggs, yolks and whites separately, mix the yolks with three tablespoonfuls of sugar. Beat well and then add one pint of rich milk and grated nutmeg, four teaspoonfuls of the best whiskey. Lastly whip in the whites of the eggs.

EGG TOAST

Brown a slice of bread nicely, dip in hot water slightly salted, butter it, and lay on top of this toast an egg

that has been broken into boiling water and cooked until the white is hardened. Season the egg with a bit of butter and a little salt.

The best way to cook an egg for an invalid is to drop it into boiling water, or pour boiling water over the egg in the shell and let it stand a few minutes on the back of the stove.

EGG LEMONADE

Separate white from yolk of egg. Beat the yolk until stiff and creamy. Add the juice of one lemon, beat thoroughly, add two level teaspoonfuls of sugar, fold in the white of the egg, beaten stiff and dry. Pour over shaved ice in a glass, let stand five minutes, and serve. The yolk may be omitted if too rich.

IRISH MOSS LEMONADE

Pick over and wash one-fourth of a cupful of Irish-moss, pour on one pint of boiling water and cook two hours, just below the boiling point, 200 degrees Fahr. Strain and add lemon juice and sugar to taste. Excellent for bronchial troubles.

OYSTER TOAST

Serve broiled oysters on cream toast and sprinkle with minced celery.

CRUST COFFEE

Dry stale slices of bread in the oven until it is as brown as the coffee berry, but do not scorch it; pour boiling water over the bread and set on the back of the stove for a few minutes, where it will keep very hot but not boil. Pour off the liquid carefully and serve with cream and sugar.

TOAST WATER

Toast brown bread without burning it and put into cold water; it will be ready for use in one hour; if preferred sweet add loaf sugar to taste.

APPLE DAINTY

Wipe, quarter, pare and core apples; to each pint allow one-third of a cupful of sugar, one-third cupful of cold water, a speck of cloves. Put into an earthen dish, cover tightly and bake slowly eight hours. When candied and deep red in color pile lightly on a dish, and pour over a boiled custard, made with the yolks of three eggs, two tablespoonfuls of sugar, one-half teaspoonful of vanilla and one pint of scalded milk. Pile lightly over this the three whites, beaten with one tablespoonful of powdered sugar.

ROSE GELATINE

Use any brand of gelatine that has rose coloring, mould in long shallow granite pan, just thick enough to cut out heart shaped pieces with a cookie cutter. These come in heart shapes and can be used in cutting sandwiches too. Serve with whipped cream not sweetened.

FRUIT SYRUP

A refreshing drink to use in fever cases may be made from dried peaches or apricots. Thoroughly wash one-half pound of the fruit, taking it piece by piece between the thumb and forefinger. Soak over night in one quart of water. In the morning simmer for half an hour, strain and chill.

UNFERMENTED GRAPE JUICE

Cover Concord grapes with cold water (after removing from the stems and washing thoroughly in a colander), then boil until tender. Press the juice through a wire sieve and add to it one cupful of sugar to every

three quarts of fruit juice. Place over the fire, let just come to a boil, and bottle hot. Do not let grapes boil too long the first time, nor any more than boil up the last time, or the flavor will be impaired. Serve with cracked ice. For invalids, dilute one-half.

WINE JELLY

One ounce of gelatine, one and one-half quarts of water, one and one-half pounds of sugar, three lemons, two tumblers sherry wine, one wine glass brandy, one-fourth teaspoonful essence of cinnamon. Soak the gelatine in the water till thoroughly dissolved, add the sugar and the lemons cut in thin slices, the wine, brandy and cinnamon. Let it come just to a boil. Strain into moulds and set on ice to harden.

LEMON JELLY

One teaspoonful of granulated gelatine. Soak in two tablespoonfuls of cold water, add four tablespoonfuls of boiling water, two tablespoonfuls sugar and the juice of one-half lemon. Turn into a mould and set in ice water to harden.

SPONGE CAKE

A good sponge cake served with cream or a glass of milk makes an excellent lunch for an invalid. To make the cake, beat six eggs and cup of sugar until perfectly perfectly creamy, light and white. Add a teaspoonful of flavoring, and two tablespoonfuls of cold water and beat again. Stir in lightly one cupful of sifted flour, with a scant teaspoonful of baking powder with it, but do not beat. Merely fold it in. Bake in a deep tin in a rather slow oven.

THINGS WORTH KNOWING

To clean sponges, wash them in diluted tartaric acid, rinsing them afterward in water; it will make them very soft and white.

Before buying tinned fruits and meats see if the top is flat or depressed. If the top has bulged out, then air has entered the tin and fermentation has set in.

Vinegar should not be kept in a stone jar, as the acid may affect the glazing and the vinegar be rendered unwholesome. Glass jars are the best vinegar receptacles.

Freshen the house by putting a few drops of oil of lavender in an ornamental bowl, then half fill it with very hot water. This will give a delightful freshness to the atmosphere.

A good china cement is made by mixing with a strong solution of gum arabic and water enough plaster of paris to make a thick paste. This should be applied to the broken edges with a camel's-hair brush.

When lighting a gas stove it will often give a slight explosion and light wrong, thus causing no heat. Turn the gas off very quickly, and on again. It will then light properly without any further trouble.

If you have left boiled eggs in the water a little too long, break the top of the shell at once by patting it with a spoon. This lets out some of the heat, and the hardening process is stopped immediately.

A Paint Stained Dress.—If you happen to get wet paint on your dress, rub the stain at once with another piece of the same material, and the stain will entirely disappear. You can use another and covered part of the same garment. What happens to the paint it is difficult to say, but it certainly disappears.

Grease Marks on Wall Papers.—These can be removed by applying a paste of pipeclay and water to the stains, and allowing this to dry on all one night or day. Then the powder should be gently brushed off without scraping the paper.

To Clean Carved Ivory Articles.—The beauty of carved ivory curios is frequently spoiled on account of dust which collects in the interstices, so those who possess them will be pleased to hear of an excellent method of cleaning the ivory effectually. A paste should be made of sawdust, water and a few drops of lemon juice. This paste should be applied thickly all over the carving, and be permitted to dry on. When finally brushed off with a soft, firm brush, the preparation will be found to have left the ivory pure and white once more.

To Remove Rust Stains from Matting.—Cover the stain with paper and place a warm iron on this. When the spot is warm dip a glass rod in a bottle of muriatic acid and go over the rust spot with it, wetting every part with the acid. The spot will turn a bright yellow. Instantly wash it with an old toothbrush dipped in boiling water, rub dry with woolen cloths. Before beginning the work have all the appliances ready, and then work rapidly from start to finish. Muriatic acid corrodes metals, therefore keep the bottle corked tight when not using it. Two or three ounces of the acid will be ample.

Flower vases can be easily purified and cleansed by rinsing them out with warm water and powdered charcoal.

When cutting new bread always put the knife in hot water first, and you will find that it facilitates the cutting.

To Keep Clothespins New.—To prevent new clothespins from splitting, let them stand in cold water a few hours before using.

A box filled with lime and placed on the shelf in a pantry and frequently renewed will absorb the damp, and keep the air pure and dry.

When weighing molasses for cooking purposes, if the scale is well floured first the syrup will run off quite smoothly, without leaving any stickiness behind.

Good Polish for Oilcloth.—Save all candle ends and melt in the oven, mix with it sufficient turpentine to make a soft paste. This is excellent for linoleum, etc.

Celery should be allowed to lie in cold water, to which a little salt has been added, for an hour before it is required for the table. This will make it very crisp.

To Brighten Copperware.—A little crushed borax it sprinkled thickly on a flannel cloth that is wet with hot water and well soaped will brighten the copper like magic.

To Darken Brown boots that have seen their best days rub all over with a piece of clean white flannel wet in ammonia. Do this twice, then polish with the usual brown liquid, and they will look as nice as ever.

Tapestry-Covered Furniture.—To clean this, first brush thoroughly; then add a tablespoonful of ammonia to a quart of water. Wring a cloth out of this, and sponge thoroughly, rinsing and turning the cloth as it gets dirty, changing the water when necessary. This freshens and brightens it wonderfully.

Scrubbing Board Floors.—Plenty of soap and cold water and no soda are the secrets of success in washing board floors and the wood must be scrubbed the way of the grain and not round and round, if you want to get the dirt off. Change the water often. You can't expect boards to be a good color if they are rinsed in dirty water.

Few housekeepers pay the attention they should to their ice boxes. An ice box can be kept in perfect condition if it is thoroughly cleansed once a week, but twice is better. The box should be thoroughly washed with strong soda water, and the drain pipes should be washed out. An ice box should always be full of ice. It is the poorest economy to allow the supply to decrease, and if sufficient ice is provided the box can be kept at an even temperature, which insures the preservation of the food it contains. There are people who, from a false idea of economy, fail to get the best results from the use of ice and refrigerators. A common mistake is getting a small piece of ice every day or every other day, instead of filling the ice chamber two or three times a week. The small piece of ice cannot reduce the temperature sufficiently, and the result is that each new piece melts rapidly and the food cannot be kept.

Tissue paper should never be thrown away. Save it all for polishing windows and mirrors, or for removing the first coating of grease from dishes previous to their immersion in the dishpan.

Never use soda for washing china that has any gilding on it, for the soda will in time surely remove it all. Instead of soda, use a little soap; that has no bad effect.

Put a teaspoonful of ammonia in a quart of water, wash your brushes and combs in this, and all grease and dirt will disappear. Rinse, shake, and dry in the sun, or by the fire.

To renovate leather furniture, wash it with soap and water, and when dry apply a little vaseline, rubbed in with the hand. Let it remain till next morning, then polish with a soft duster. This treatment will prevent the leather from cracking.

Coal that is kept in a dry and airy place will burn much longer than that which is kept in a close cellar, with no ventilation. When coal remains long in an airless place it gets rid of its gas, and the absence of this renders it less powerful and more wasteful when burned.

Carpets in rooms which are seldom used are apt to be attacked by moths. Salt sprinkled around the edges and well under the carpet before it is put down will generally prevent their ravages. Plenty of light and air should be admitted into the rooms as moths favor close, dark places.

Wet boots and shoes when taken off will last much longer if they are placed on their sides and allowed to dry, pulling the uppers as flat as possible. By this means the soles are exposed to the air and dry better. It is also a good plan, when one does not possess boot-trees, to fill the boots or shoes with soft, crumpled paper or oats, so that they will keep their shape.

To prevent portieres catching under the door when opened quickly, screw a small ring (such as are used for picture frames) into the center of the door frame, and to this fasten a blind cord sufficently long to reach to the bottom of the curtain. Put another ring in center of the door at the top, thread cord through, and fasten to bottom of curtain. As the door is opened so the curtain rises.

To keep ants, moths or any other insects out of the closets or pantry, sprinkle the shelves and corners with sassafras oil, and they will soon bid you "good-bye."

A fairly sizable piece of black velveteen, perhaps a quarter of a yard, makes the most satisfactory brush for silk that can be had; it removes the dust perfectly and yet does not injure the fabric.

Care of Bath Rooms.—Plenty of fresh air and a generous flushing of pipes, using disinfectants every two weeks at least. Copperas is the very best; dissolve a couple of pounds of crystals in a gallon of water, pouring it down the drains while hot. It has no odor, but will stain any clothing, and must be used with care.

To make calico wash well infuse three gills of salt in four quarts of boiling water, and put in the calicoes while hot, and leave them till cold. In this way the colors are rendered permanent and will not fade by subsequent washing.

To remove paint and putty from window glass put sufficient saleratus into hot water to make a strong solution and with this saturate the paint or putty, which adheres to the glass. Let it remain till nearly dry, then rub off with a woolen cloth.

To disinfect a room from the smell of tobacco or closeness, place in an open mouthed jar one-half spirits of lavender and a lump of salt of ammonia, leaving it uncovered. It is excellent.

If our lady readers wish to keep a bouquet fresh let them drop a teaspoonful of powdered charcoal into the water intended for the flower stalks, and they will keep their freshness and perfume for several days, and look and smell the same as those just gathered. The charcoal settles to the bottom of the vase, the water remaining clear.

For burns nothing excels linseed oil and lime water. Dip cotton in the lotion and apply to burn and bandage.

For backache and pain in the chest the Belladonna and Capsicum plaster is the best and can be obtained at all drug stores.

Many jewels require an occasional sleep, in order to retain their brilliancy. Diamonds, rubies, opals and sapphires are among the number. They should be put away in total darkness every now and then. The usual velvet or satin lined cases are the correct receptacles. It is best to wrap them in jewelers' tissue paper, then pack them in wool and lay in air-tight compartments. A number of stones are seriously affected by fumes from furnaces, sewer gas, moisture, and sea air.

The effect of ammonia on vegetation is very beneficial. If you desire your plants to become more flourishing, try it upon them by adding six drops to every pint of water you give them. Do not repeat this oftener than once in eight days, lest you stimulate them too highly.

Two pounds of alum dissolved in three quarts of boiling water and applied to all cracks and crevices will keep out ants, roaches and bedbugs.

To clean straw matting, use a coarse cloth dipped in salt and water. Wipe dry. The salt will keep the matting from turning yellow.

To remove ink stains, apply lemon juice and salt and lay the articles in the sun.

No housekeeper should be without a bottle of spirits of ammonia, for besides its medical value, it is very desirable for household purposes. With a pint of suds mix a teaspoonful of spirits, dip in your silver knives, forks and spoons, and rub them with a brush and polish with a chamois skin.

For washing mirrors and windows, put a few drops of ammonia on a piece of paper and it will readily take off every spot of finger marks on the glass.

Ammonia is a most refreshing agent at the toilet table. A few drops in a basin will make a better bath than pure water.

Ammonia entirely absorbs all obnoxious smell so often arising from the feet in hot weather.

To take spots from wash goods, rub them well with the yolk of an egg before washing.

To take white spots from varnished furniture, hold a hot plate over them and they will disappear.

Never allow meat to remain in paper; it absorbs the juices.

To prevent the odor of cabbage or onion, throw red pepper pods into the pan they are cooking in.

A package of Gold Dust and a cake of Sapolio should be kept in every kitchen, to be used freely on all dishes that require scouring and cleansing.

Salt and beeswax will make rusty flatirons as clean and smooth as glass. Tie a lump of wax in a bag and keep it for the purpose. When the irons are hot, rub them first with the wax bag, then scour them with a paper or cloth sprinkled with salt.

Blue ointment and kerosene mixed in equal proportions and applied to the bedsteads is an unfailing bedbug remedy, as a coat of whitewash is for the walls of a log house.

Kerosene will soften boots or shoes that have been hardened by water and make them pliable as new.

When cheese becomes too hard, grate it and put it away in covered bottles, it is useful for macaroni.

Salt toughens meat if added before it is done.

Crackers are much more crisp if set in a hot oven a few minutes before serving.

If you value your own and your family's digestion, don't serve tea with fish. The tannic acid hardens the fibre and makes it indigestible. It should not be offered with any form of fish, shell-fish, or the articulate animals like lobsters and crabs. Iced tea and soft-shell crabs, for example, are a combination that should be avoided.

One of the dyed chamois-skins is an excellent lamp mat for a polished table—the rich red, green, or a certain shade of peacock blue. A red one goes especially well with a lamp of Egyptian design.

A recent addition to the list of savory salts is onion salt, which is now put up in shaker cans or bottles for flavoring use.

As most of the people cook by gas perhaps the following suggestions may be a help in the saving of gas. Puddings, pies, and beans can be baked well and at a small expense by using a small tin oven, such as comes for oil stoves. Place the oven over one of the single burners, and you will find it will give a very satisfactory bake with only a low flame. This little oven is fine for keeping the dishes warm and the victuals hot.

Do not throw away bits of toilet soap. Get a quart or pint Mason jar and put in the bits of soap. Pour in alcohol not quite enough to cover the soap. This will make a jelly which will be found very useful for the hands, in the bath, and for shampooing. Just before using add three drops of lavender or rose.

To prevent flannels from turning yellow lay pieces of white wax in the folds of white flannel or swiss muslin.

The following are a few of the many articles which should be in every household in case of emergency—especially if a doctor is not to be obtainable immediately.

Absorbent cotton, bandanges of convenient length and width of old cotton (which every housekeeper has if carefully saved), old linen handkerchiefs, pieces of soft flannel, prepared mustard leaves, adhesive plasters, arnica, pure vaseline, collodion, witch-hazel, ammonia borax, ipecac, spirits camphor, aconite No. 3 labeled "poison." No 2 is invaluable in the household if administered carefully in fever, ten drops in a glass of water, dose one teaspoonful each hour. Pure wine, whiskey, or brandy if occasion requires.

The hot water bags are indispensable (and can be obtained at slight cost). One per cent solution of carbolic acid is very useful (also a deadly poison) in cases of injury because of its cleansing qualities. If a cut is to be treated, the wound should be cleansed in clear tepid water, then rinsed with the carbolic solution, then painted with collodion, which staunches the blood and serves as a varnish to keep out air and any dirt.

The solution of carbolic above mentioned is excellent for burns; saturate the cotton and put on to the afflicted spot, bandage and keep wet.

Trifling injuries, whether cuts or tears, should be gently cleansed with luke warm water poured over the wound, then replace the skin or tissue, and lay a clean white cloth soaked in laudanum, or alcohol, or water over the injured part and loosely bind on.

A cloth dipped in cold water and placed on the nape of the neck or a cold key, or a teaspoonful of salt in a cupful of water or vinegar may be snuffed up the nose, and rarely fails to stop the bleeding. Also, brown paper dipped in vinegar and placed on the nape of the neck will stop bleeding from the nose.

To brown flour for gravies and soups, put a few tablespoonfuls of flour evenly in the bottom of a baker's pan, over a moderate fire, stir until it has become a fine amber brown. Bottle and keep for use.

Salt will curdle new milk, hence in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared. Salt will remove stains from silver caused by eggs. Apply dry with a soft cloth.

Take bread scraps before they have become musty and dry them in the oven. When thoroughly dry roll to a powder or through the food chopper, put into jars for breading, etc.

To whip eggs well they must be very fresh and cold.

HOUSEHOLD USES FOR REFINED PARAFFINE

For Washing.—One-half teacup of paraffine wax shavings to one ordinary bar of washing soap both dissolved in a little hot water, is sufficient for one boiler of washing. Pour this mixture when dissolved into the boiler of hot water (the best results are obtained by dipping the clothes into cold water then wringing and putting into the boiler). Boil the clothes thirty minutes, after which all that is required to have beautiful, white clothes is the usual sudsing, rinsing and bluing. Using Paraffine Wax as above will save hard rubbing and scrubbing. Will take the dirt out of your clothes without hard rubbing. Absolutely pure and will not injure the most delicate fabrics. Has no taste or odor. Just as important as soap for laundry work.

For Ironing, a teaspoonful of melted paraffine wax mixed with hot starch insures a smooth, glossy finish.

Irons are kept smooth, bright and clean by rubbing them over small pads made of paraffine wax covered with cheesecloth or old linen.

For Sealing Preserves.—When the jam or jelly is cool, wipe the inside rim of the glass with a cloth to insure perfect cleanliness; then pour in the melted par-

affine wax until it is about one-fourth of an inch thick. Let stand until the wax hardens and turns white. No other cover is necessary. If the fruit is thoroughly cooled before pouring on the melted wax it will not mix with the fruit.

For Cake and Pie Pans.—Warm the pans and rub the inside with Paraffine wax. This is superior to the old method of greasing the pans with butter.

Stone jars with tight fitting covers make excellent bread boxes.

Wash the refrigerator once a week with a little lye in the water as it cuts every thing away from the tubes, and leaves the ice box fresh and clean.

Colored napkins are used when fruits are served. They do not show the stains as the white napkins do.

Keep the dishes containing food closely covered and the refrigerator will be kept from odors.

Vegetables to be cooked by boiling should be put into boiling water as little as possible, and if water is added let it be boiling hot. Steaming or baking is best for most vegetables, their finer flavors being retained.

Wash lettuce carefully so as not to bruise, cutting each leaf from stalk, and put it in a closely covered stone jar. Set on ice or in a cool place. Each day look over the lettuce, rinse in fresh cold water and return to jar. Lettuce and celery thus prepared will keep for nearly a week.

Set asparagus bunches in a few inches of cold water to keep fresh, the water should not come more than half way up to the stalks. When ready to cook, wash thoroughly in several waters to get out the sand.

HOUSEHOLD WEIGHTS AND MEASURES

4 Teaspoonfuls equal one tablespoonful of liquid.
4 Tablespoonfuls equal one wine glass or one-half gill.
2 Wine glasses equal one gill or half a cup.
2 Gills equal 1 coffeecupful or 16 tablespoonfuls.
2 Coffeecupfuls equal one pint.
2 Pints equal one quart.
4 Quarts equal one gallon.
2 Tablespoonfuls equal one ounce of liquid.
2 Tablespoonfuls of salt equal one ounce.
16 Ounces equal 1 pound or 1 pint of liquid.
4 Coffeecupfuls of sifted flour equal one pound.
1 Quart of unsifted flour equals one pound.
1 Pint granulated sugar equals one pound.
2 Coffeecupfuls of powdered sugar equal one pound.
1 Coffeecupful of cold butter equals one-half pound.
1 Tablespoon of soft butter, well rounded, equals 1 oz.
1 Pint of chopped meat, solidly packed equals 1 pound.
25 Drops of liquid will fill an ordinary sized teaspoon.
An ordinary tumblerful equals one-half pint.
4 Teaspoonfuls equal one tablespoonful.
1 Tablespoonful of flour equals one-half ounce.
2 Tablespoonfuls of ground spice equal one ounce.
5 Nutmegs equal one ounce.
1 Teacupful of rice equals one-half pound.
1 Teacupful of corn meal equals six ounces.
1 Teacupful of stemmed raisins or currants equals 6 oz.
1 Teacupful of stale bread equals two ounces.

TIME TABLE FOR COOKING

Asparagus, Tomatoes and Peas	15 to 20 minutes
Brown bread	3 hours
Beef Corned and A-la-mode	3 to 5 hours
Beef, Mutton	2 to 3 hours
Beans—String and shell	1 to 3 hours
Coffee	3 to 5 minutes

Corn Meal	3 hours
Clams, Oysters	3 to 5 minutes
Cabbage and Young Beets	30 to 45 minutes
Carrots, Onions & Vegetable Oysters	30 to 60 minutes
Eggs, soft boiled	1 to 3 minutes
Eggs, hard boiled	6 to 10 minutes
Freezing Ice Cream	30 minutes
Hominy, Fine	1 hour
Ham	5 hours
Macaroni, Potatoes and Spinach	20 to 30 minutes
Oatmeal, coarse, steamed	3 hours
Oatmeal, rolled	30 minutes
Potted Pigeons	2 hours
Parsnips and Turnips	30 to 45 minutes
Puddings, one quart, steamed	3 hours
Puddings, Small	1 hour
Rice, Steamed	45 to 60 minutes
Rice, Boiled	15 to 20 minutes
Soup Stock	5 to 8 minutes
Sweet Corn	5 to 8 minutes
Sweet Breads	20 to 30 minutes
Squash, Celery and Cauliflower	20 to 30 minutes
Tea, Steeped without boiling	5 minutes
Tongue	3 to 4 hours
Water, one quart, over gas, covered	5 minutes
Water, one pint, over gas, uncovered	4 minutes
Wheat Granules	20 to 30 minutes

TIME TABLE FOR BAKING

Biscuits and Rolls	10 to 20 minutes
Bread	40 to 60 minutes
Baked Beef—rare—6 pounds	70 minutes
Baked Beef—well done	90 minutes
Beef, braised	3 to 4 hours
Cake, sponge	40 to 60 minutes
Cake, fruit	2 to 4 hours
Chickens, Tame Ducks	1½ to 2½ hours

Ducks (wild), Grouse	25 to 30 minutes
Fish, thick	45 to 60 minutes
Fillet of Beef	20 to 30 minutes
Gems, Muffins, Thin Cakes	20 to 30 minutes
Mutton, Lamb	1¼ to 1½ hours
Puddings, Rice, Indian, Plum	2 to 3 hours
Puddings, Custard	20 to 45 minutes
Pies	30 to 40 minutes
Patties	15 to 25 minutes
Potatoes	30 to 45 minutes
Scalloped Dishes	15 to 30 minutes
Veal, Pork, Turkey	2 to 3 hours

MEALS AS REMEDIES

"Every meal would be a remedy if it were rightly taken," said a physician. "Every article of food has some curative property or other, and if we ate correctly each mouthful would improve our general health. Nervous persons, for instance, should eat lots of celery for celery is the best nerve tonic in the world. Leeks and garlic are good for the digestion and for the circulation, and thus they should be favored by the dyspeptic and the weak-hearted. Asparagus clears the blood. For the liver tomatoes are excellent. For the kidneys nothing is better than spinach. For the anemic rice is superb. Grapes are good for malaria and pineapples will heal a sore throat. But onions are the most valuable food of all. A raw onion, taken every night before turning in, cures the worst cases of insomnia. Onion soup is an excellent remedy for debility of the digestive organs."

CHOOSING ORANGES

The young housekeeper should pay extra attention to the choosing of her dozen oranges from the box or pile displayed. She should judge by weight and appearance. A juicy orange is heavy in proportion to its

size, while a "corky one is light in weight." A smooth fine grained skin which appears to be tightly stretched is a good indication of the contents, while the heavy coarse grained, dry skin, signifies a coarse grained fruit with little juice.

DAINTY WAYS OF USING ROSE LEAVES

With the blooming of roses the woman who keeps abreast of the times is on the alert to gather in every leaf of the fragrant harvest. From time immemorial the Orientals have utilized roses for their choicest sweets and flavors. Our great grandmothers were adepts in the preparation of rose flavors and pot pourris, but the modern woman has been slow in awakening to their possibilities.

The rose pillow is now esteemed the acme of daintiness for the new baby's carriage or the bride's outfit.

To collect a sufficient supply, make a systematic tour of the garden each morning while the dew is still on, provided with basket and shears. Select the roses whose petals are ready to fall, shake into the basket, snip off the denuded stem and throw it away. Carry the fragrant burden to the garret or spare room, where papers have been spread upon the floor, and empty the petals upon them. Stir and turn every day until perfectly dry, transferring to bags when that is accomplished.

When a sufficient amount of petals has been collected put in pretty cases made of fine hemstitched handkerchiefs fagotted together, through which white or rose-colored ribbon may be run. These wash beautifully. If something more elaborate is desirable, a bolting cloth cover, embroidered or hand painted with roses, is dainty and effective.

For rose syrup, collect fresh petals each morning and spread on a tray to dry. When enough have been col-

lected for a tumbler of preserves, put in a fresh granite or porcelain kettle with just enough water to cover, and simmer until tender. Add sugar in the proportion of a pound to each pint of the leaves and water and cook to a rich syrup. The Turkish women frequently use honey in place of sugar, one-half pound of the honey equaling a pound of sugar.

This syrup gives a delicious flavor to a pudding sauce or mince meat, or it may be utilized as a sweet at a Turkish tea. Pour in glasses and seal.

To secure rose flavoring, fill a wide-mouthed bottle with fresh petals, packing them down as tight as possible. Then pour over them enough pure alcohol to submerge.

Richer and stronger is rose brandy. Fill a glass jar with fragrant petals, and cover with French brandy. Next day pour off the brandy, take out the leaves and replace with fresh ones. Return the brandy. Do this several times, until the brandy is strongly impregnated. Then strain and bottle tightly. Keep the can covered during the distillation process.

The petals of the yellow rose infused in boiling water furnish a delicate dye, which is attractive with old-fashioned rose desserts and for home-made candy.

To make candied rose leaves, gather fresh leaves and spread them on an inverted sieve or oiled paper in the open air until slightly dry, but not crisp. Make a syrup, using a half-pint of water and a half pound of granulated sugar, and boil until it spins a thread. Dip each rose leaf in this syrup, using a hat pin or fine wire. Then lay back in place. After several hours, melt a half cupful of fondant, add two or three drops of essence of rose, a drop of cochineal to color, and a few drops of water to thin. Dip the leaves in this one by one, sprinkle with crystalized sugar, and return to the oiled paper again to harden.

WEDDING ANNIVERSARIES

First Year—Cotton
Second Year—Paper
Third Year—Leather
Fifth Year—Wooden
Seventh Year—Woolen
Tenth Year—Tin
Twelfth Year—Silk and Linen
Fifteenth Year—Crystal
Twentieth Year—China
Twenty-Fifth Year—Silver
Thirtieth Year—Pearl
Fortieth Year—Ruby
Fiftieth Year—Golden
Seventy-Fifth Year—Diamond

BIRTH MONTH GEMS

Their Sentiment and Flower

January	Garnet—Constancy	Wild Rose
February	Amethyst—Contentment	Pink
March	Bloodstone—Courage	Violet
April	Diamond—Innocence	Easter Lily
May	Emerald—Success in Love	Lily of the Valley
June	Pearl—Purity	Daisy
July	Ruby—Nobility of Mind	Rose
August	Moonstone—Conjugal Felicity	Pond Lily
September	Sapphire—Chastity	Poppy
October	Opal—Hope	Cosmos
November	Topaz—Fidelity	Chrysanthemum
December	Turquoise—Success and Happiness	Holly

SUGGESTIVE MENUS

Simple Breakfasts

Raspberries. Sugar and Cream.
Batter Cakes. Maple Syrup.
Coffee.

A Cereal with Cream and Sugar.
Veal Steak. German Fried Potatoes.
Toast. Coffee.

Cantaloupes.
Codfish Balls. Baked Potatoes.
Toast. Coffee.

Sliced Peaches. Sugar and Cream.
Little Pigs in Blankets.
Creamed Potatoes.
Toast. Coffee.

Peaches. Sugar and Cream.
Waffles. Maple Syrup.
Coffee.

Cantaloupes.
Lamb Chops. Baked Potatoes.
Toast. Coffee.

Strawberries. Sugar and Cream.
French Toast. Maple Syrup.
Coffee.

Baked Apples. Sugar and Cream.
Pork Chops. Creamed Potatoes.
Toast. Coffee.

Vitos. Sugar and Cream.
Liver and Bacon.
Toast. Coffee.

Peaches. Sugar and Cream.
Egg Omelet.
Muffins. Maple Syrup.
Coffee.

Vitos. Sugar and Cream.
Broiled Bacon. Baked Potatoes.
Bread and Butter. Coffee.

Baked Apples. Sugar and Cream.
Eggs on Toast.
Coffee.

Sliced Oranges.
Creamed Chipped Beef.
Toast. Coffee.

Simple Lunches

Cold Tongue. Tomato Ketchup.
French Fried Potatoes.
Rye and White Bread.
Peaches. Sugar and Cream.
Milk.

Cold Roast Beef Sandwiches.
Lettuce Salad.
Strawberry Shortcake. Cream.
Coffee.

Cold Roast Pork. Hot Biscuits.
Apple Salad.
Cake. Coffee.

Cold Sliced Ham. Potato Chips.
Lettuce. Bread and Butter.
Cheese. Soda Wafers.
Coffee.

Cold Sliced Beef. Horseradish.
French Fried Potatoes.
Bread and Butter.
Strawberry Shortcake. Tea.

Salmon Salad. Potato Chips.
Soda Wafers. Bread and Butter.
Lemon Cake. Coffee.

Schmier Kase. Rye Bread and Butter.
Hot Baked Apples. Sugar and Cream.
Iced Tea.

Chicken Sandwiches. Lettuce.
Strawberries and Cream.
Iced Tea.

Strawberry Cocktail.
Creamed Fish in Ramekin Cases.
Soda Biscuits.
Fried Chicken. Cream Sauce.
French Peas.
Wafers. Cream Cheese.
Coffee.

Bouillon in Cups. Croutons.
Broiled Chicken. Cream Sauce.
Rolls. Coffee.
Celery Salad. Wafers.
Nut Sundae.